OTTAWA metro®

NEWS WORTH SHARING.

BIEBER FREE

LIVE 88·5 FM

A student's guide to O-Town

Ottawa 101: from decorating a dorm to getting around town, we've got you covered PAGES 19 -25

The Afterlife of Stars: Excerpt

All this week, Metro brings you the first chapter of Joseph Kertes' new book PAGES 16-17

THEY ARE THE CHALLENGERS OF ... THEMSELVES

IS THE NEW PORNOGRAPHERS' LATEST ALBUM THEIR BEST YET? PAGE 11

DIVING INTO BALLOON FEST

A skydiver passes a Ferris wheel as he glides in for a landing on Monday, the final day of the Gatineau Hot Air Balloon Festival. Festival board president Guy Leblanc didn't have precise attendance numbers at press time but said the count topped 2009's figure of 255,000. He credited much of the ballooning attendance to the great weather over the weekend. TREVOR GREENWAY/METRO

Flag makes some see red

Protest. City of Ottawa to fly Vietnamese flag despite objections

JOE LOFARO
joe.lofaro@metronews.ca

Mayor Jim Watson said the city is not supporting communism with its plans to raise the Vietnamese flag at city hall Tuesday to mark the Asian country's national holiday.

An online petition that opposes the city flying the flag has more than 2,700 signatures.

The office of Thanh Hai Ngo, a Conservative senator who lives in Ottawa, sent Metro a news release written by a group that identifies itself as Canadian Youth for Human Rights in Vietnam (CYHRV).

The group said flying the Vietnamese flag in Ottawa "would be akin to flying the Nazi flag" and urges the city to call off the flag raising.

"This regime is a dictatorship that brutally violates its citizens' fundamental human rights on a daily basis and deprives them of the freedom to live as human beings," reads the CYHRV news release.

The statement said a demonstration will be held at the Human Rights Monument on Elgin Street at 12 p.m. Tuesday and at the Vietnamese embassy on MacKay Street.

Watson said that since 2006, city hall has flown the flags of 120 countries recognized by Canada's department of foreign affairs on their respective national days.

"My understanding is the group that's opposed is opposed obviously to the government in Vietnam. They're within their right to protest that," said Watson.

"We can't choose what flag is the government of Vietnam's flag. That's their flag and that's the one that flies. It doesn't mean that we support the communist regime; it just means they're the government at this time and we have to respect the protocol."

CYHRV said flying the flag will cause "unnecessary emotional stress" for the Vietnamese community in Ottawa, particularly refugees and victims of communism.

The inside is so Exciting
YOU MIGHT HAVE TO USE YOUR OUTSIDE VOICE

2014 RAV4 AWD Limited
Shown: $33,210 MSRP†

RAV4's premium interior with available French stitching lets you travel in comfort, wherever you go.

RAV4 Starting from $23,870†

TOYOTA
toyota.ca

†MSRP of $23,870 is for a new 2014 RAV4 FWD LE (ZFREVT). MSRPs do not include freight and PDI ($1,690), license, insurance, registration, applicable taxes, AC charge, levies and fees. Dealer may sell for less.

NEWS 1

FIVE THINGS YOU NEED TO KNOW TODAY

1
FREE TICKETS!
The National Arts Centre is celebrating its 45th anniversary and will offer tickets and a T-shirt to the first 45 people in line at its box office Tuesday, starting at 10 a.m.

2
HOMEWORK BAN
Smart idea? An elementary school in Quebec has banned homework from Grade 1 to Grade 6 to see whether it will help improve scholastic outcomes.

3
'SEX GECKOS' DIE
No E.T. geckos, yet. Russia's space agency says its five "sex geckos" sent into space for a study on weightlessness and sexual behaviour died during their voyage.

4
ITUNES FEST
The iTunes Festival has begun, with a different live concert each day of the month. Beck is the headliner today. For more info, visit itunesfestival.com.

5
GETTING SOAKED
High-tech moguls, including billionaire Sir Terry Matthews, will be doing the ALS Ice Bucket Challenge at 6 p.m. Tuesday at the Marshes Golf Club at 320 Terry Fox Dr. in Kanata.

Mayoral candidate says he will slash internal budget

Insight. Construction engineer Anwar Syed touts knowledge of building contracts, negotiation skills

TREVOR GREENWAY
trevor.greenway@metronews.ca

In his first four years as mayor, Anwar Syed plans to save the city more than $6 million in internal budget costs — a sum he says can be spent making the city safer, more diverse and turning it into "Canada's best city."

The first-time mayoral candidate also plans to decrease property taxes by 10 per cent over his four-year term and promises all those cuts won't translate into a loss of services for residents.

"The revenues are going crazy because the city is expanding every year," Syed told Metro on Monday, a few days after registering his candidacy.

"There are annual budgets for the councillors and mayor — that is the first thing that I will cut, and I will look into other aspects of where you have more expenses, like how you award contracts."

Syed's plan includes slashing the mayor's budget from $795,689 to "a thrifty" $600,000 and cutting councillors' annual budgets from the current $241,508 down to $180,000. He also vows to cut his own salary by 10 per cent but won't touch the salaries of councillors.

"I think the city has a healthy budget for a city of 900,000 residents," added the husband and father of two university-aged boys. "I think it's only the management of the budget that is the question."

Syed is now the sixth candidate vying for the mayor's seat. The other five are Bernard Couchman, Mike Maguire, Robert White, Darren W. Wood and incumbent Jim Watson.

Ottawa heads to the polls Oct. 27.

Ottawa mayoral candidate Anwar Syed signs his election papers. He is now the sixth candidate running for mayor.
CONTRIBUTED

750,000 PROCEDURES.† THAT'S EXPERIENCE YOU CAN TRUST.
Free yourself from glasses and contacts today.
Book a free consultation at 1-877-769-3030 or lasikmd.com

†Based on the collective experience of all LASIK MD surgeons. *Prices are subject to change without prior notice and vary based on prescription strength. Only applicable on a procedure for both eyes. Other conditions may apply.

Surveillance photos

Two men sought over stabbing near tavern

Ottawa police investigating an Aug. 28 stabbing incident that happened near the Carleton Tavern on Parkdale Avenue are asking for the public's help identifying two men whose images were captured on security video.

The stabbing sent a man in his 50s to hospital in critical condition.

One suspect is described by police as a black male weighing about 180 pounds and standing about five feet, seven inches tall. He was seen wearing a dark-blue Indianapolis Colts football jersey with the number 44 displayed on it.

He also had a red backpack, Dr. Dre Beats headphones, shorts and running shoes, police said.

Police said the other man is also black, has short curly dark hair and a short goatee. He stands about six feet tall and weighs around 210 pounds. He was seen wearing a white shirt, white shorts and dark shoes.

The incident happened less than a week after 21-year-old Jabeir Jemmie was stabbed to death outside an Elgin Street nightclub.

Police urge anyone with information to contact Sgt. Anthony Costantini of the Central District Investigative Section at 613-236-1222 ext. 5635.

TREVOR GREENWAY/METRO

The security video images.
CONTRIBUTED

Members of the Public Service Alliance of Canada (PSAC) and supporters march on Elgin Street in the annual Labour Day parade on Monday. JOE LOFARO/METRO

Ottawa workers unite for annual Labour Day parade

'Stay strong.' Mayor Watson leads march along with MPP Yasir Naqvi and Ottawa District and Labour Council president Sean McKenny

JOE LOFARO
joe.lofaro@metronews.ca

Thousands of people marched through downtown Ottawa on Monday for the Labour Day parade with a simple message: "Stay strong, stay united."

Members of several unions, including the Public Service Alliance of Canada, the Canadian Union of Postal Workers and the Ontario Public Service Employees Union walked from city hall to McNabb Park for an annual barbecue picnic.

Leading the march this year was Mayor Jim Watson, Ottawa Centre MPP Yasir Naqvi and Ottawa District and Labour Council president Sean McKenny.

"Certainly with our city being a federal government town we feel the effect every time there is a layoff or downsizing in the federal government. We all know it's not just one job, it's a number of different jobs," said McKenny before the start of the march.

The federal government has already cut more than 26,000 jobs in the public service and is reportedly poised to slash another 8,900 by 2017. It announced in 2012 that it would cut 19,000 jobs, most of which would be eliminated through attrition.

But it's not just government workers who are worried about getting pink slips these days.

Jacques Dupuis, a member of the Hospitality and Service Trades Union local 261, came to the march to "stick together and fight for our members," some of whom recently lost their jobs. He said several were laid off after two downtown Ottawa hotels closed their doors in recent months.

"Some did manage to get work, but not all of them. It's a tight market now," said Dupuis.

Ripple effects

"Certainly with our city being a federal government town we feel the effect every time there is a layoff."

Sean McKenny, Ottawa District and Labour Council president

FORTINET TO HIRE MORE
WILLIS COLLEGE GRADUATES!
FORTINET. & WILLIS COLLEGE
A TRAINING PARTNERSHIP FOR JOB CREATION
2nd Career Funded Program by Employment Ontario.
Other Provincial and Federal funding available if qualified.
Space is limited Register NOW!
Call - 613.233.1128
IN JUST 48 WEEKS YOU COULD BE QUALIFIED FOR:
• FULL-TIME POSITION
• FULL BENEFITS
for details, email: inquiries@ottawa.williscollege.com
WILLISCOLLEGE.COM • OTTAWA • SMITHS FALLS • ARNPRIOR

Ottawa woman carves out a niche with fruitful creations

Fruit Couture. Entrepreneur divides time between business, school and family

LUCY SCHOLEY
lucy.scholey@metronews.ca

Ask Jacqueline Bonilla to bring a fruit platter to a party and she'll arrive with a juicy, delicious art piece.

The 27-year-old recent University of Ottawa graduate is carving out a niche in Ottawa's food-catering industry with her company Fruit Couture.

Carved watermelon dresses on dolls, fruit-filled pirate ships and colourful bouquets of flower-shaped pineapples and melons are among her creations.

"For the carvings, it usually takes me about two hours, but it usually depends on how complex they are," said the Houston-born, Ottawa-raised Bonilla. "It is time-consuming, and people don't realize it.... It's more like an art."

She started her business last September after she brought an owl-themed fruit platter to a friend's owl-themed baby shower. She found that idea online and it ended up being a party favourite. Now she's teaching herself how to create new pieces, like carving letters into watermelon rind.

While she was launching her new company, Bonilla was simultaneously working on her sociology and communications classes and caring for her six-year-old son.

"My son loves what I do," she said. "He's a very picky eater, like incredibly picky.... I always make sure he eats fruit, stays healthy."

She's still working on her website and hopes to one day open a store, with the long-term goal of launching a franchise.

"But the thing is that you need to have people who know how to do carvings," she said. "I guess I would have to teach everybody."

Her creations start at $20 and can cost $75 or more with optional delivery.

Fruit Couture has a contest on its Facebook page for a chance to win a fruit bouquet.

Jacqueline Bonilla, owner of Fruit Couture, dishes out artsy fruit platters and bouquets. LUCY SCHOLEY/METRO

Toronto's NQ Arbuckle stoked for rare Ottawa Folk Fest gig

They usually play dark, dank watering holes to clientele who have more than a few drinks in them — crowds that usually sing louder than the band.

But on Sept. 12, the alt-country quintet NQ Arbuckle will play a rare show at the Ottawa Folk Festival, a different show on a different stage to a different crowd.

For vocalist and guitarist Neville Quinlan, it's like playing his first gig with a new band, and it's giving him butterflies.

"These shows make me a lot more nervous than anything else," said Quinlan from his Toronto home. "In a way, it's sort of like trying to charm a stranger and you have 45 minutes to do it. It's a different beast."

When the band comes through the region, they usually pack the Black Sheep Inn in Wakefield for two nights and rarely play Ottawa venues.

NQ Arbuckle plays the Ottawa Folk Festival on Sept. 12. CONTRIBUTED

Quinlan is happy the band's diehard fans won't have to make the long drive up to the Gatineau hills this time around to dance away their woes.

The band will play songs off their new record Future Happens Anyway, released earlier this spring, but Quinlan was quick to add that fans will have plenty of older stompin' tunes to get rowdy to.

"We have a pretty shouty audience and it's pretty boozy and all that," added Quinlan with a laugh.

NQ Arbuckle plays the Valley Stage at 7 p.m. on Sept. 12, with The National headlining at 9:30 p.m. Go to ottawafolk.com for the full festival lineup. TREVOR GREENWAY/METRO

Vixens. Local roller-derby team tops tournament

An Ottawa women's derby team jammed, skated and pushed its way to a first international tournament win last weekend in Kitchener.

The Rideau Valley Vixens became the first Canadian team to top a divisional championship when they beat out two U.S. teams and narrowly won a game against Berlin in the Women's Flat Track Roller Derby Association tournament.

The team's 239-130 win against Colorado's Boulder County Bombers was a strong start to the tournament on Aug. 22. The women maintained their edge the next night, when they played against Florida's Gold Coast team and won 224-139.

But the third and final game against the only other non-U.S. team was the nail-biter match. Bear City of Berlin never let the Ottawa women take more than a 20-point lead, as the two traded jams throughout the game. The Vixens squeaked through by just three points for a 243-240 finish.

Natalie Campbell, the Vixens bench manager, said this is a huge win, especially because a few of the women have been playing with the Vixens since the team formed seven years ago.

"It's nice to see the quality and calibre of roller derby that's being played in the capital," she said.

There are six Vixens players who are on the provincial roller-derby team and two who are on the national team.

"We're not that big of a town, so for us to have this many top players is impressive," Campbell said.

The Vixens will vie for first place in the second division when they play in the finals championship against the Detroit Derby Girls in Nashville, Tenn., Oct. 31 to Nov. 2.

LUCY SCHOLEY/METRO

B.C. Teachers' strike has parents scrambling for daycare in lieu of school

Daycare operators in British Columbia are scrambling to keep up with increased demand for child support as more parents need places to babysit their kids because schools will not open.

Janos Stiasny, owner of Wise Owl Montessori Child Care, says spots in his daycare have filled right up because of the ongoing teachers' strike.

He said he normally gets more than 65 children, but after the strike his care centres are looking after about 90 kids in total and about 14 children remain on the wait list.

"We are very carefully managing the scarce space available," said Stiasny. "We had to hire additional educators, so for us as an operator it's been quite a time for us to get ready and prepared."

Talks between the government's bargainers and teachers fell apart over the weekend, dashing any hopes parents had that school would start as scheduled on Tuesday.

Both sides have said they are willing to engage in talks that would end — or at least suspend the strike — but have also acknowledged school would almost certainly not start on time. No meetings between the two have been scheduled.

The impasse has forced many to seek alternate arrangements for childcare that would normally be provided by schools, and the spike in demand for daycare is proving challenging.

The province's 40,000 public-school teachers went on strike two weeks before the summer break started, booting half a million students out of class.

THE CANADIAN PRESS

Quoted

"Parents are kind of in a panic mode. They are scrambling."

Janos Stiasny, owner of Wise Owl Montessori Child Care

Ex-construction boss set to testify in corruption inquiry

Tony Accurso is confronted by reporters in an April 2012 photo. Quebec's corruption inquiry should hear from the powerful former construction magnate soon after it resumes from its summer break on Tuesday. GRAHAM HUGHES/THE CANDIAN PRESS FILE

Quebec. High-profile hearings looking into construction industry, awarding of public contracts

Quebec's corruption inquiry is expected to hear from a powerful former construction magnate soon after it resumes Tuesday from its summer break.

Tony Accurso, once the owner of several influential Quebec construction companies, is due to appear before the Charbonneau Commission after a failed attempt to avoid having to testify.

Accurso argued in court that appearing before the high-profile hearings would jeopardize his right to a fair trial in pending criminal proceedings. The Supreme Court of Canada dismissed the request last month.

But Accurso indicated last week his lawyer will file a motion for a publication ban, and that request will need to be heard before the commission can move forward.

The inquiry, which has been studying the construction industry and the awarding of public contracts, has already heard from more than 100 witnesses since 2011. When the hearings were put on hold in June, Justice France Charbonneau had mentioned there would be another "two or three weeks" of testimony before moving to the final stages of the commission.

At that point, the commission will hear recommendations from stakeholder groups.

A final report from Charbonneau and her co-chair, former provincial auditor general Renaud Lachance, is due by April 2015.

THE CANADIAN PRESS

N.B. Liberals try to keep Eastern momentum going

After majority victories in Nova Scotia, Quebec and Ontario, Brian Gallant is trying to keep the winning streak alive for the Liberals by taking New Brunswick in the Sept. 22 election.

It's a vote that some political observers are closely watching to determine if a trend in Eastern Canada could play a role in next year's federal election.

Liberal Premier Robert Ghiz holds a strong majority in Prince Edward Island. The provincial Liberals in Newfoundland and Labrador have won three consecutive bye-elections over the last year in ridings that were held by two Tory cabinet ministers and a premier.

Against that backdrop, there is a possibility of Liberal governments in every province east of Manitoba in just over a year's time.

That's a factor that could benefit the federal Liberals, says David Johnson, a political science professor at Cape Breton University, who said he believes the Liberals would interpret further provincial success as proof of a "Liberal wave" rising in the East.

"Justin Trudeau and the federal Liberals can play the card that they are much more in tune with provincial interests," said Johnson.

He said a Liberal victory in New Brunswick would also give the federal Grits increased support through their provincial wings.

"The more ridings you've got provincially, that's more of a base that you can work with at the federal level," he said.

Trudeau wasted little time jumping into the New Brunswick election, stumping for Gallant on the third and fourth days of the campaign. The federal Liberal leader said he supported Gallant's view that more science is needed before the shale gas industry can be expanded.

THE CANADIAN PRESS

Montreal

Bar accused of ejecting two male students for kissing

A popular Montreal bar is being accused of homophobia after a bouncer allegedly kicked out two male students for kissing.

A student association at the Université de Montréal is demanding an apology from the Saint-Sulpice bar, a busy spot in the city's Latin Quarter.

Vincent Fournier Gosselin, an executive with the student group, says a bouncer at the bar forced the two students to leave a medical-school orientation event last Friday night.

Gosselin called the actions "homophobic and totally unacceptable."

Gregory Bas, a manager at Saint-Sulpice, says the administration will speak to everyone involved to find out what happened before commenting further.

Protesters are planning a "kiss-in" in front of the bar next Friday.

THE CANADIAN PRESS

CAREER TRAINING
Pursue Career Training as a Personal Support Worker

Graduate in 7 months and pursue a career at:
- Long-term care facilities
- Home health care agencies
- Retirement homes/ residences

www.EverestCanHelp.ca
Call Now for More Information!
1-866-643-6377
OTTAWA EAST
OTTAWA WEST
Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
14 CONVENIENT LOCATIONS IN ONTARIO
Programs and schedules vary by campus • Morning and afternoon classes available
Career services assistance available to graduates • Accredited Member, ACICS
Financial assistance may be available for those who qualify

U.K. PM proposes new passport seizure powers for police

Anti-terror. Proposed laws intended to make it harder for suspected extremists to leave or re-enter the country

Prime Minister David Cameron has proposed new laws that would empower police to seize the passports of Britons suspected of travelling abroad to fight with terrorist groups.

Speaking to Parliament, Cameron said his government is also working to block suspected British jihadi fighters from re-entering the U.K. The power to monitor such suspects already living in Britain would also be strengthened.

The plan to expand Britain's anti-terror laws, likely to be approved by Parliament, aims to prevent attacks by

British Prime Minister David Cameron THE ASSOCIATED PRESS

Islamist militants returning from terror training in the Middle East.

Similarly to its Western allies, Britain is worried its citizens will travel and join terror groups in the Middle East, then return and threaten their home country.

British intelligence said it suspects 500 Britons have gone to train in Syria or Iraq.

Cameron said he considers extremism by the Islamic State of Iraq and Syria (ISIS) group one of the biggest modern threats to security. While Britain's home security already has the authority to withhold passports, Cameron says more is needed to ensure police can act accordingly if they spot a suspect at a border crossing.

"We will introduce specific and targeted legislation to fill this gap by providing the police with a temporary power to seize a passport at the border, during which time they will be able to investigate the individual concerned," he said.

THE ASSOCIATED PRESS

Israel, Gaza students heading back to school

An Israeli student pulls his bag behind him as he heads off to school Monday, joining thousands of other children who returned to school in southern Israel after seeking refuge inside bomb shelters from Hamas rocket fire for much of the summer. Ziad Thabet, a Gaza Education Ministry official, said classes will resume in Gaza on Sept. 14 once the Strip's schools are repaired. It's estimated at least 223 Gaza or UN-run schools were hit during the 50-day-long war, 25 of which are too damaged to use. Israel has accused Hamas of using civilian buildings for military purposes. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

National Defence. Feds to slash $2.7B from budget

Stephen Harper has been one of the toughest-talking leaders throughout the Ukraine crisis, yet newly released figures show National Defence is expected to face an even deeper budget hole in the coming year than previously anticipated.

The ongoing reductions come as the prime minister is expected to resist pressure from allies at this week's NATO summit to spend substantially more on the military.

Annual spending on the military, when compared to 2011, is slated to shrink by a total of $2.7 billion in 2015, according to a briefing note prepared for the deputy defence minister.

That would be almost $300 million more than earlier internal estimates, and roughly $600 million higher than the figure defence officials acknowledged last fall when they rolled out the department's renewal plan.

THE CANADIAN PRESS

Missile-defence program

U.S. military wants Canada to put sensors in Arctic

American military officials have shed some light on what Canada could contribute to the missile-defence program should it choose to join after a decade spent on the sidelines.

Several conversations with high-ranking U.S. military officers point to a common desire: multi-purpose sensors in Canada's Arctic that would sniff out a wider range of potential threats than just intercontinental ballistic missiles. Those state-of-the-art systems would be designed to track maritime vessels, airplanes and small cruise missiles — all in addition to any large missile fired off by North Korea or some hypothetical rogue state.

THE CANADIAN PRESS

Rebels in Ukraine backing off from full independence

Andrei Purgin, a pro-Russian rebel leader from eastern Ukraine, arrives for peace talks in Minsk, Belarus, on Monday. THE ASSOCIATED PRESS

Negotiations. Talks adjourned until Friday, when parties will discuss ceasefire and prisoner exchange

Pro-Russian rebels softened their demand for full independence Monday, saying they would respect Ukraine's sovereignty in exchange for autonomy — a shift that reflects Moscow's desire to strike a deal at a new round of peace talks.

The insurgents' platform, released at the start of Monday's negotiations in Minsk, the Belarusian capital, represented a significant change in their vision for the future of Ukraine's eastern, mainly Russian-speaking region.

It remains unclear, however, whether the talks can reach a compromise amid the brutal fighting that has continued in eastern Ukraine. On Monday, the rebels pushed Ukrainian government forces from an airport near Luhansk, the second-largest rebel-held city.

The peace talks in Minsk follow last week's meeting between Russian President Vladimir Putin and his Ukrainian counterpart Petro Poroshenko. The negotiations involve former Ukrainian President Leonid Kuchma; Russia's ambassador to Ukraine; an envoy from the Organization for Security and Co-operation in Europe; and representatives of the rebels.

Rebels declared in a statement carried by Russia's state-run RIA Novosti news agency that they are willing to discuss "the preservation of the united economic, cultural and political space of Ukraine."

In return, they demanded a comprehensive amnesty and broad local powers that would include being able to appoint their own local law-enforcement officials.

THE ASSOCIATED PRESS

Senegal monitors first Ebola patient's contacts

Senegalese authorities on Monday were monitoring everyone who was in contact with a student infected with Ebola who crossed into the country and who has lost three family members to the disease.

An Ebola outbreak in West Africa has killed more than 1,500 people in Guinea, Liberia, Sierra Leone and Nigeria. The university student is Senegal's first case of the dreaded disease.

The 21-year-old left Guinea on Aug. 15, just days after his brother died of the disease, according to Guinea's Health Ministry. It said that the brother apparently caught Ebola in Sierra Leone.

The student travelled by road, crossing into Senegal despite a border closure. He arrived in Dakar, the Senegalese capital, on Aug. 20, according to the World Health Organization, and was staying with relatives on the outskirts of the city. The agency said that on Aug. 23, he went to a medical facility seeking treatment for fever, diarrhea and vomiting — all symptoms of Ebola but also many other diseases.

But he concealed from doctors that he had had contact with infected people. He was treated instead for malaria and continued to stay with his relatives before turning up at a Dakar hospital on Aug. 26.

Senegal's Health Ministry said Sunday that it has since traced everyone the student came into contact with and that they are being examined twice a day.

President Macky Sall said Monday that everything possible is being done to prevent any further cases of the disease in Senegal, including public-awareness campaigns and television programs aimed at encouraging good hygiene practices, such as regular hand-washing.

THE ASSOCIATED PRESS

Phoney health products

Insufficient postage leads to international bust

Austrian police have announced the breakup of an international gang dealing in phoney health products and say insufficient postage provided the major lead.

British, Hungarian and Austrian police were involved in the sweep that culminated Monday in eight arrests, including the suspected head of the scam in Vienna, police said. Searches netted 130,000 euros (more than $185,500 CAD) in cash and about a million fake pills, worth about 10 million euros (more than $14 million CAD).

They told reporters that investigations gathered steam in 2012 after a package was sent back from Austria to Spain due to insufficient postage, and the drug store falsely listed as the sender went to police.

Interior Minister Johanna Mikl-Leitner calls the bust "the greatest blow against the trade in counterfeit medicines Europe-wide."

THE ASSOCIATED PRESS

ESL Classes for Adults
OTTAWA-CARLETON DISTRICT SCHOOL BOARD
ESL classes for Adult Newcomers to Canada
Morning and Afternoon classes, 5 days a week at 9 locations in Ottawa
Evening classes 3 nights a week
See ESLinOttawa.com for Early Registration Information
Registration is ongoing at 440 Albert St.
Open at 11am Monday to Thursday
More Information: 613-239-2737
Eligibility:
If you are a permanent resident, refugee claimant, or Canadian citizen you can take these free ESL classes.
Registration Requirements:
• You must register in person
• Bring your immigration documents
• Bring proof of Ontario Address
• Materials fee $10 (for ESL only)
Ontario
Free childcare for those who qualify.
ESLinOttawa.com

Would you like to be paid with Bitcoin?

Trend. While Canada does not recognize Bitcoin as currency, a small number of workers are opting for a cryptocurrency payment option

A small but growing — and surprising — number of workers are rejecting Canadian dollar salaries for Bitcoin, according to a Waterloo, Ont., payroll firm.

Wagepoint CEO Shrad Rao said his firm came up with the cryptocurrency payment option in November last year as a side project and did not expect any take-up.

But as the online currency gained popularity this year, he said, employees from 10 firms have signed up for the Bitcoin option, and many more are asking about it.

"When we started off, we didn't even think we'd get one," he said over the phone from New York, where Wagepoint has another office.

"What's interesting is that we've actually had customers come to us because of the (Bitcoin) integration, which we were not expecting at all."

Rao said the firms are overwhelmingly technology companies, whose workers have a higher interest in new innovations and tend to dabble more.

In addition to Canadian interest, he said, he gets about five inquiries for Bitcoin payment per month from the United States, where Wagepoint also operates, although it has not yet launched such an option in that country.

Bitcoin, a decentralized currency, was launched in 2009 by a yet unknown person or group. It gained mainstream attention in 2013, and subsequent adoption caused one bitcoin to rise to a high of $1,000.

But most brick-and-mortar shops still do not recognize Bitcoin as currency, and neither does the Canadian government, which in June ruled Bitcoin is property.

THE CANADIAN PRESS

Got that TV to Cuba in the nick of time

The driver of a private taxi closes the door of his car, with the back seat loaded with his client's TV brought from the U.S., as he leaves the José Martí International Airport in Havana on Monday. Cubans braced Monday for a clampdown on the flow of car tires, flat-screen televisions, blue jeans and shampoo in the bags of travellers who haul eye-popping amounts of foreign-bought merchandise to an island where consumer goods are frequently shoddy, scarce and expensive. RAMON ESPINOSA/THE ASSOCIATED PRESS

Experiment in legal pot

Washington judge upholds a small city's pot shop ban

A small city can continue to ban state-licensed marijuana businesses, in a case with big implications for Washington's experiment in legal pot. A judge issued the ruling after arguments over whether Initiative 502, the voter-approved state law that legalizes adults' recreational use of marijuana, left any room for such local bans. THE ASSOCIATED PRESS

Know when to hold 'em ...

Atlantic City casinos fold 'em

The show is over for the Showboat Casino Hotel in Atlantic City.

The Mardi Gras-themed casino shut down Sunday after 27 years on the Boardwalk. It was one of three casinos closing within the next two weeks as Atlantic City deals with the impact of increasing competition from casinos in neighbouring states. Revel emptied its hotel Monday and will close its casino Tuesday, and Trump Plaza is closing Sept. 16.

Atlantic City began the year with 12 casinos, but before summer is over it will be down to eight. Nearly 8,000 casino workers will have lost their jobs.

One of the final songs piped in over the Showboat's loudspeakers: Queen's Another One Bites The Dust.

The Showboat's owner, Caesars Entertainment, closed the still-profitable casino to reduce the number of casinos in Atlantic City, which has been struggling with plunging revenue and increased competition.

THE ASSOCIATED PRESS

PERSONAL SUPPORT WORKER

Program Objective
This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Career Opportunities
Graduates will find employment within:
• Long-Term Care Facilities • Group Homes
• Hospitals • Retirement Homes/Residences
• Agencies providing Homecare Service

NIGHT SCHOOL AVAILABLE

CALL TODAY!

ALGONQUIN CAREERS ACADEMY
1830 Bank Street 613-722-7811 www.algonquinacademy.com

Transgender community struggles to find work

Melissa Hudson says 30 years of experience in the Toronto business world hasn't been enough to land her a job, despite numerous call-backs on her resumé for first-round interviews.

Hudson's difficulties in finding work started after she transitioned from male to female and she blames discrimination for leaving her bankrupt, fighting to keep a roof over her head.

"After transitioning, I can't get anyone to give me a second interview," she said. "I've even had interviewers make excuses of why they can't conduct the interview once I show up."

Hudson's last job in the corporate world was at a logistics firm in Mississauga, Ont., where she was a self-proclaimed "suit-and-tie" business professional. But she decided to live openly as a transgender woman two years ago.

Her challenges were exacerbated by a cycling accident that left her in the hospital for months and a hospital-acquired infection after gender-related surgery, she said.

Melissa Hudson
THE CANADIAN PRESS/HANDOUT

Hudson left her job after the accident because of a "toxic work environment" but hasn't been able to find other employment.

"It would have been possible to get through it and get back to work if my gender hadn't been an issue with employers," she said.

Hudson said she isn't alone in her experience.

"I have friends who are very qualified business people who are now worried about paying their rent. It's unbelievable."

Because of the relatively small size of the transgender community and difficulty in reaching members, advocates say transgender employment data is hard to find.

But a 2011 report from Trans PULSE — a community-based research project in Ontario — found that only 37 per cent of transgender participants were employed full-time, while 15 per cent were employed part-time. Twenty-five per cent were students, three per cent were retired and 20 per cent were unemployed.

The results were based on surveys of 433 trans people who lived, worked or received health care in Ontario.

Eighteen per cent said they had been turned down for a job because of their gender while 32 per cent said they were unsure if their gender influenced the hiring manager's decision.

Thirteen per cent said they had been fired or constructively dismissed for being transgender.

THE CANADIAN PRESS

EVEN PLAYBOY THINKS CATCALLING IS SEXIST

SHE SAYS

Jessica Napier
metronews.ca

"Give me a smile, sweetheart." "Nice dress." "Damn, girl." "Mmmmmm."

I could fill a 500-page textbook with the comments I've heard over the years, hurled at me from car windows and whispered in my ear in a crowded bar. Occasionally these outbursts of appreciation come in the form of a well-crafted one-liner; the rest of the time, I'm treated to an impulsive holler, a leering glance or just a series of hissing noises.

Most of the women I know have been on the receiving end of some form of unwanted sexual street harassment. I still find it bewildering that so many seemingly intelligent men — men with mothers, sisters and, potentially, wives and girlfriends of their own — feel compelled to fling vulgar comments at complete strangers.

A few weeks ago, the New York Post published an article titled "Hey, ladies — catcalls are flattering! Deal with it." In this fine piece of click-bait journalism, author Doree Lewak celebrates the lewd remarks she receives from her neighbourhood construction workers. Lewak's hard-hat-wearing Prince Charmings offer her a daily dose of ego-boosting validation in the form of wolf whistles and crude remarks that give her an "unmatched level of euphoria." That's right: euphoria.

And that's OK, I guess. I mean, if Lewak wants to measure her own self-worth in grunts, she's absolutely entitled to those feelings. There's nothing inherently wrong with enjoying attention from the opposite (or same) sex, but arguing that catcalls are universally flattering and all women should just "deal with it" is absolutely ridiculous.

Telling a woman who has been a victim of unwanted street harassment that she "should take it as a compliment" is like telling a guy who's just been beaten up at a bar that he should "man up." This "deal with it" attitude reinforces the notion that women are objects to be looked at, evaluated and commented upon by men. And, worst of all, that we should enjoy the process or be labelled uptight.

Even Playboy — which is not exactly a media organization renowned for championing a feminist agenda — has weighed in on the street-harassment debate. The adult magazine recently posted an infographic on its website that posed the question, "When is it appropriate to catcall a woman?" It concludes that men should resort to it only when addressing a known and consenting partner or an actual feline.

I rarely find myself siding with Playboy on anything, but I have to agree with them on this one. There are plenty of ways to approach someone in a respectful and reasonable manner; licking your lips and shouting "Nice ass!" isn't one of them.

And according to an incredibly unscientific poll of my close female friends, catcalling has a success rate of absolutely zero.

Because, for most women at least, unsolicited explicit remarks from strange men don't make us feel beautiful or euphoric; they make us feel violated, angry and potentially very afraid.

День Знаний (Day of Knowledge)

Children take part in a ceremony marking the start of classes at School No. 57 in Moscow on Monday as part of the traditional opening of the school year, known as Day of Knowledge. The day was started in 1984 in the U.S.S.R. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Russian kids mark back-to-school with flowers, fancy dress

Students in Russia and other former Soviet-bloc countries participated in Sept. 1 celebrations, also known as Day of Knowledge, to commemorate the first day of school.

Students arrive dressed up and carrying flowers. Senior students escort younger students to class, holding their hands along the way. In a ritual called the First Bell, a girl from the first grade is chosen for the honour of being hoisted onto the shoulders of an 11th-grader to ring the school bell.

METRO

Education and politics

- **Tragedy.** This Sept. 1 marks the 10th anniversary of the Beslan school massacre, in which 385 people were killed after the school was stormed by armed terrorists.
- **Crimea.** The Moscow Times reports that students in Crimea will now study under the Russian education system for the first time. Russia took control of the region in March.

Worth mentioning.

Neanderthals not as dumb as previously thought: Study

A series of lines scratched into rock in a cave near the southwestern tip of Europe could be proof that Neanderthals were more intelligent and creative than previously thought.

The cross-hatched engravings inside Gorham's Cave in Gibraltar are the first known examples of Neanderthal rock art, according to a team of scientists who studied the site. The find is significant because it indicates that modern humans and their extinct cousins shared the capacity for abstract expression.

The study, released Monday by the journal Proceedings of the National Academy of Sciences, examined grooves in a rock that had been covered with sediment. Archaeologists had previously found artifacts associated with Neanderthal culture in the overlying layer, suggesting that the engravings must be older, said Clive Finlayson, one of the study's authors.

"It is the last nail in the coffin for the hypothesis that Neanderthals were cognitively inferior to modern humans," said Paul Tacon, an expert in rock art at Australia's Griffith University. Tacon, who was not involved in the study, said the research shows the engravings were made with great effort for ritual purposes, to communicate with others, or both.

Theory might be dead

"It is the last nail in the coffin for the hypothesis that Neanderthals were cognitively inferior to modern humans."
Paul Tacon, expert in rock art

"We will never know the meaning the design held for the maker or the Neanderthals who inhabited the cave, but the fact that they were marking their territory in this way before modern humans arrived in the region has huge implications for debates about what it is to be human and the origin of art."

Not everyone is convinced: another recently published study examining the dating of various archaeological sites across Europe raises the possibility that the artifacts may not have been made by Neanderthals but by modern humans.

THE ASSOCIATED PRESS

Comments

Re: Proposed laws could dampen sales of e-cigarettes in Canada, published online Aug. 30

This entire controversy, including Nova Scotia's absurd knee-jerk decision to supposedly ban them, is nothing more than the public health nannies being afraid that the use of these things will "re-normalize" what looks like smoking, even though there is no actual smoke, just vapour. The nannies are ignoring the very real benefits these things have for people trying to quit who are killing themselves with real cigarettes. They ought to be ashamed of themselves.
Keith P., posted to metronews.ca

metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Ian Clark • **Distribution Manager** Joel Orlik • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

SCENE 2

Ebooks

Joni Mitchell: In Her Own Words

By. Malka Marom

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A good conversation should have all the time it needs. This collection of audio and printed interviews between singers Marom and Mitchell has that comfort, allowing for Joni's engaging candour to come through about her Saskatchewan childhood, working relationships and personal contradictions.

The Simpsons

Did NHL get crusty over Cup slight?

There are hockey fans in The Simpsons' writers' room but apparently the NHL felt a joke that soiled the Stanley Cup went too far.

In the episode The Last Temptation of Krust, Krusty the Clown drinks out of the Stanley Cup, and then promptly vomits into it.

Producer Mike Scully says the show received a nasty letter from the NHL after the episode aired, but chose to ignore it. Scully has been tweeting behind-the-scenes memories while a Simpsons marathon airs in the U.S. THE CANADIAN PRESS

Avoid the catfish when looking for love online

Soulmate or scam? Nev Schulman's book offers advice on how to detect the liars and fraud artists lurking on dating websites

EMILY LAURENCE
Metro in New York City

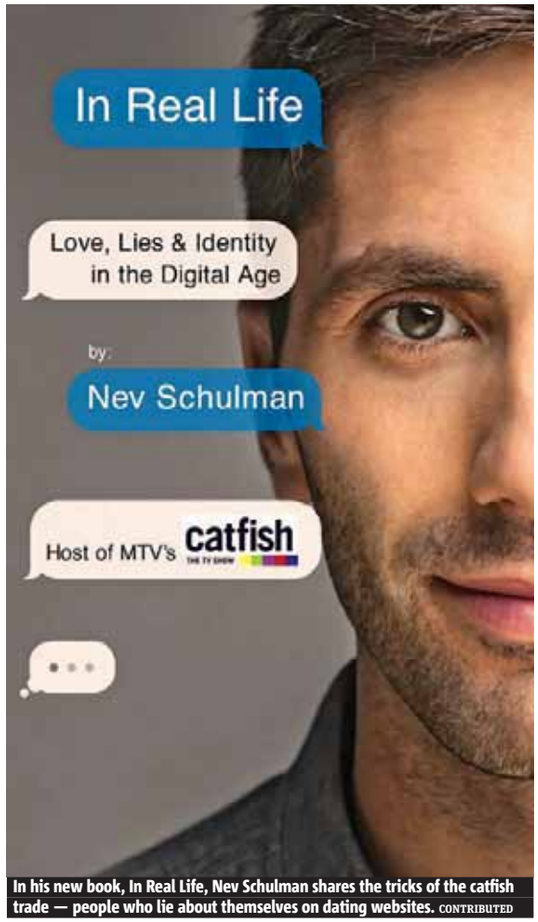
Catfish host Nev Schulman wants you to know it's not them, it's you.

In his new book, In Real Life: Love, Lies & Identity in the Digital Age, Schulman explains that the key to establishing a long-lasting bond is to take a look inward.

Tricks such as a Google image search and knowing that a Facebook account with only 12 friends is a red flag help, but Schulman says there's way more to it than that.

Hence the new book. We talked to Schulman and share his best words of wisdom here.

Whether you are searching for love online or in person, they are tips you can take to heart.



In his new book, In Real Life, Nev Schulman shares the tricks of the catfish trade — people who lie about themselves on dating websites. CONTRIBUTED

Be aware of your soft spots

"It's not what to look out for in other people. It's what to look out for in yourself," he says.

"Getting catfished isn't about someone being a really good liar or Internet user. It's about being vulnerable, and perhaps unsatisfied or insecure, and somebody taking advantage of that."

Don't fake it

"We all have doubts, fears and insecurities in our happiness. When you hide that from other people, you're also kind of hiding it from yourself," Schulman suggests.

"If everybody goes around pretending to be the happy, fulfilled version of themselves and ignores the truth about things they're feeling, then we're all participating in the same game of not really connecting in a meaningful way or being open and honest with each other."

Quoted

"It's not what to look out for in other people. It's what to look out for in yourself."

Nev Schulman, author and host of the MTV series Catfish, on how to avoid online dating scam artists

If you're looking for love online, meet as soon as possible

"If you're looking for a relationship, using the Internet is great, but it should just be a means," he warns.

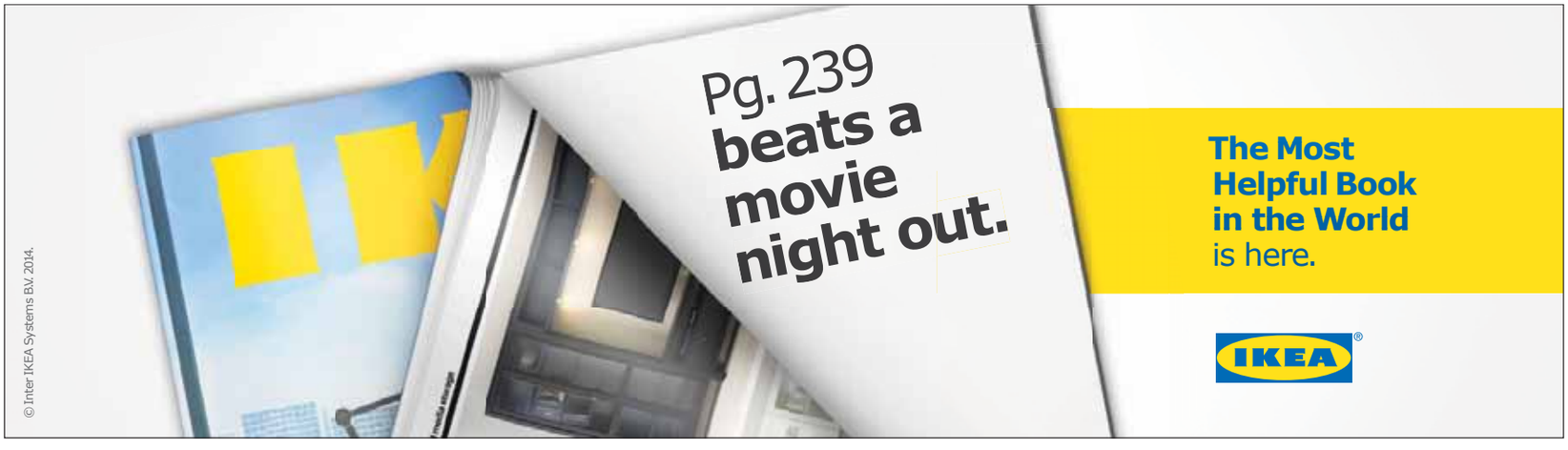
"The trouble is when you go online as a distraction, or without any clear intention or specific goal. That's when you get into trouble."

Real relationships take work

"I think we all sort of subscribe to this fairy-tale version of how love conquers all and how once you find your soulmate, everything falls into place," Schulman points out.

"That's just crazy. It doesn't work like that.

"I think we've become disillusioned that we will find the perfect person now that we have online dating, and that it won't take any work and compromise, but it does, no matter what."



© Inter IKEA Systems B.V. 2014.

A.C. Newman, left, and Kathryn Calder of the New Pornographers promote the band's new album. THE CANADIAN PRESS

A pure explosion of upbeat pleasure

New Pornographers. Is Brill Bruisers the Canadian supergroup's best record yet? Carl Newman thinks so

Everything about the New Pornographers' new album seems designed to seize your attention, from the playful DayGlo cover to the sparkly, maximalist power-pop cupcakes contained therein.

Brill Bruisers is the Canadian supergroup's sixth album, another winner in a remarkably rock-steady run.

But in an industry built on riding the shiny and new, consistency can be confused for monotony — and after 14 years of precision pop craftsmanship, it's natural that mastermind Carl Newman would want to stand out.

"Our narrative — maybe it's just an old narrative and people are sick of it — but when you look at our band, we're not your average band," Newman mused during a recent chat. "It's like, Kathryn (Calder)'s my niece. Look at everybody involved with it — the fact that Neko (Case) is in the band, or like, Destroyer's in the band ... Are we that boring of a band? It seems like we have a lot more going on than most bands do."

It would be fair to conclude that Brill Bruisers was infused with a new level of conscientious ambition.

It's a foghorn blast to the ear for anyone who might have become fatigued with the band and its steady goodness over its long run.

Although the group's past two records — 2007's Challengers and 2010's Together — allowed a hike to their highest-yet peaks on the U.S. charts (the latter opened at No. 18), they were also relatively docile efforts, viewed to some extent as "mature."

That trend continued with Newman's mellow 2012 solo record, Shut Down the Streets. Reviews for the three albums weren't negative, but they were restrained.

That last album was borne from a time in Newman's life marked by the death of his mother and birth of his son (Calder's mother also died from ALS during this period).

So the pleasure explosion that is Brill Bruisers didn't happen by accident. Newman says he emerged from that time looking to make an "upbeat" record and was resolute in sticking to that goal.

"I think I said a while back that I didn't want any ballads on the record, and I think it was for that reason," said Newman. "Not that every song had to be really upbeat and rocking, but I wanted the record to have a certain sound ... I just wanted it to have a very specific feel."

Quoted

"It's important to me that the music I'm making now is as good if not better than anything I've done before."

Carl Newman, New Pornographers, on the band's new album Brill Bruisers

Asked if the arrival of his baby son has affected the way he works, he doesn't hesitate.

"I think it's made me try harder," he said. "You're working for something. And it makes me not want to rest on my laurels. Not that I did before, but I want him to grow up thinking, 'My dad is a musician.' I don't want him to grow up thinking, 'My dad used to be a musician.'

"So I think it's important to me that the music I'm making now is as good if not better than anything I've done before."

Newman is confident Brill Bruisers meets that standard.

"It almost worries me — like, why do I think this record is so good?" he said. "Because I feel like it's our best record. And I feel like I never thought that before." THE CANADIAN PRESS

iTunes FESTIVAL LONDON

LENNY KRAVITZ
September 26

KYLIE
September 27

ED SHEERAN
September 29

YOU + A FRIEND.
LONDON, ENGLAND.

The biggest concert of the year.

Enter for your chance to win a 5-day, 4-night trip for you and a friend to London, England and a pair of tickets for either the September 26th, September 27th or September 29th shows.

clubmetro.com
Enter for a chance to win at:
Metronews.ca/iTunesFestival

Official partner for updates, tickets and more
Metronews.ca/iTunesFestival
#iTunesFestival
metro
News worth sharing.

No purchase necessary. Contest open to residents of Canada excluding Quebec who have reached the age of 18 years or older. Odds of winning depend on the number of eligible entries received. To enter and for complete contest rules visit www.clubmetro.com

Basement Jaxx find their 'thing' is happy sounds

Junto. For years the duo struggled to find something that defined their act; their new album may do just that

Basement Jaxx aren't usually associated with restful breathers. But the high-energy British electronic dance innovators have in fact been more or less dormant the past five years, the longest break between full-length recordings of their long career.

Over that five-year span, the pair watched from the sidelines as EDM exploded — and as longtime friends and cohorts in the chrome-plated pair Daft Punk mined platinum records and Grammy gold.

Such headlining success has eluded Basement Jaxx over their 20 years together. The pair has won a Grammy, but never *the* Grammy, and they've had hits — most notably 2001's adrenaline rush Where's Your Head At? — but they've done so somewhat anonymously, with a tough-to-pin-down sensibility dedicated to globe-trotting and genre-hopping.

It's led to joyously spontaneous creations like their latest album, Junto. But their lack of a defining visual or aural esthetic might have hurt the duo when it comes to building a mass following.

"It hasn't helped us at all," said Felix Buxton during a recent promotional whisk through Toronto. "It's just, like, made people confused. 'I thought Basement Jaxx was some black girls. Who are Basement Jaxx anyway? Because I've seen a couple videos of different people in different styles on different songs.' From a marketing point of view, it hasn't helped us at all."

"As far as a picture or photo," chimed in partner Simon Ratcliffe, "yeah, some helmets or something —"

"Would help," finished Buxton.

"Would *really* help," agreed Ratcliffe.

Indeed, marketing dance music to American audiences seems to succeed most often when a hit tune is tethered to something tangible, like an engaging singer or an outsized gimmick (Daft Punk's robotic getup; Deadmau5's various headwear).

In 2009, the duo unleashed an avalanche of material in a way they describe as somewhat haphazard.

The separate albums Scars and Zephyr amounted to nearly 85 minutes of new music. They also amounted to the end of Basement Jaxx's recording contract with XL Recordings, and to hear the pair tell it now, there seemed to be some mutual fatigue fogging that relationship.

"The Zephyr one we actually initially stuck on with Scars (as a double album), and the record company said, 'Don't do a double album because that's a bit Spinal Tap. You're going all progressive. People will definitely not be interested,"' recalled Buxton. "So we put that out afterwards, and I think we basically agreed that no one would market it or anything, but at least could it be available? That was all we asked. It can exist. That's it.

"It didn't seem to be fashionable. And actually after that, the orchestral album, (2011's) Basement Jaxx vs. Metropole Orkest, that wasn't marketed either, because that wasn't fashionable.

"It was a time to not worry about fashion and what people wanted and just do some things."

So Buxton "moved house," read a book on feng shui and spent probably a month sifting through a roomful of vinyl and disposing of thousands and thousands of records. He assessed and tossed away knick-knacks and souvenirs accrued over 20 years of touring the world, and perhaps that process influenced the album's restless globalism.

Every track practically features its own style, marrying their pop house to sounds from Jamaica, Chicago, Brazil, London and Houston. As has been the case on experimental past efforts, some measure of cohesion is achieved because of a common mood, one of joy and optimistic adventure.

"(Music) seems pointless unless it's doing something positive," Buxton said.

THE CANADIAN PRESS

Felix Buxton, left, and Simon Ratcliffe — a.k.a. Basement Jaxx — have just released their new album Junto. THE CANADIAN PRESS

Quoted

"(Music) seems pointless unless it's doing something positive."

Basement Jaxx's Felix Buxton on making music that's joyful and optimistic

NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS
Canada is our stage. Le Canada en scène.

TICKETS ON SALE
September 2
100+ performances to choose from!

Sonia Rodriguez and Keiichi Hirano
Photo: Bruce Zinger

The National Ballet of Canada
Alice's Adventures in Wonderland

Photo: David Kroyblit

Alice Through the Looking-Glass

Buck 65

Windborne's Music of Michael Jackson

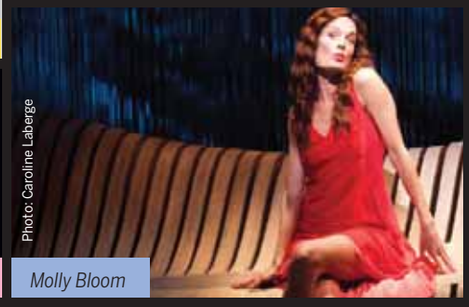


Photo: Caroline Laberge

Molly Bloom

And more! For complete listings, visit nac-cna.ca

NAC BOX OFFICE
Monday-Saturday, 10 a.m.-9 p.m.

ticketmaster.ca
1-888-991-2787 (ARTS)

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears and David Lucado ALL PHOTOS: GETTY IMAGES

Britney splits with boyfriend, reaches out to bad-boy ex

In the wake of her split last week from boyfriend David Lucado, Britney Spears is reportedly reaching out to a questionable old contact. Sources tell Radar Online that despite supervision from her father, Spears has been secretly texting controversial ex-boyfriend Adnan Ghalib. Spears and Ghalib dated in 2008 before she was placed under a conservatorship. In 2009, her minders obtained a three-year restraining order against Ghalib. "(Her dad) monitors Britney's cell-phone, but she found a way to secretly text Adnan," a source says. "They never really stopped talking."

Angelina Jolie and Brad Pitt

It's a working honeymoon for Brangelina

Following their surprise nuptials, Angelina Jolie and Brad Pitt have taken their brood to Gozo, a small island near Malta, for a working honeymoon to film scenes for their new film, By the Sea, while they celebrate their union — and no one else is invited.

"A lot of people have agreed to leave the island so they can have privacy to film the movie," a source tells Page Six, adding that the couple has already paid as much as $200,000 to local business owners to convince them to take a little vacation of their own.

The Word

Celeb nude pic leak: What happens in the iCloud doesn't always stay in the iCloud

NED EHRBAR
Metro in Hollywood

It's been a while since there was a celebrity nude photo leak, so some industrious and not-at-all-creepy hackers got together to unleash one doozy of a Labour Day weekend photo dump, posting images allegedly of more than 100 stars including Kate Upton, Kirsten Dunst, Ariana Grande and America's kid sister, Jennifer Lawrence. The images, reportedly culled from iCloud accounts, were initially posted to that bastion of online decency, 4Chan, before going wide on Twitter. Lawrence, for her part, isn't taking this lying down. "The authorities have been contacted and will prosecute anyone who posts the stolen photos of Jennifer Lawrence," her publicist said in a statement.

Some of the hacking victims, like Grande, singer Victoria Justice and Olympic gymnast McKayla Maroney, were quick to dismiss the risqué images as fakes, but others confirmed their legitimacy. "To those of you looking at photos I took with my husband years ago in the privacy of our home, hope you feel great about yourselves," Mary Elizabeth Winstead tweeted. "Knowing those photos were deleted long ago, I can only imagine the creepy effort that went into this. Feeling for everyone who got hacked."

If nothing else, it's a poignant lesson in how hard it is to really, truly delete something online, especially from a cloud-connected phone. The Internet, after all, is forever. My own tactic for keeping safe is simple: Just don't be someone people would be interested in seeing naked. But I guess that's not very good advice for these ladies.

Hungry for great savings?
Free Dining Plan with select *Walt Disney World* Resort Vacations.*

Receive a free Dining Plan when you book a 5 to 14 night vacation package along with a 2-10 *Magic Your Way* Ticket for each person in the party. Choose between:

- **Disney Quick-Service Dining Plan**† when you stay at select Disney Value Resorts.
- **Disney Dining Plan**† when you stay at select Disney Moderate, Deluxe or Deluxe Villa Resorts.

Book at westjetvacations.com or call your travel agent.

Walt Disney World Resort in Florida
WESTJET vacations

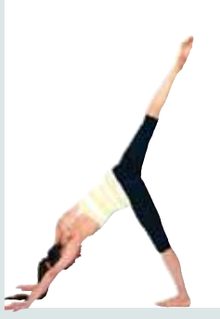
*Book by September 12, 2014 (11:59 p.m. MT) for travel between August 17 to December 23, 2014. When booking online, *Magic Your Way* Tickets and Disney Dining plans must be selected in the booking flow. Package prices will automatically reflect the discount when searching for qualified vacations. Minimum 5-night and maximum 14-night stays. Guests must purchase 2-10 day *Magic Your Way* Ticket for each person in the party. The same *Magic Your Way* Ticket must be purchased for all guests in the party. Blackout dates: October 4-25, 2014; November 2-8, 2014; November 21 - December 11, 2014. Additional per adult charges apply if more than two adults per room. *Disney's Magical Express* transfers are included from the Orlando International Airport to the *Walt Disney World* Resort. Advance booking required. Non-refundable and non-transferable. This offer may not be combined with other discounts or promotions. Offer limited and subject to availability. Offer subject to change and expire without notice. New bookings only. A fuel surcharge applies to Air Miles™ redemption bookings. †Other restrictions apply. Visit westjetvacations.com for more details. As to Disney artwork, logos and properties: ©Disney. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto ON L5P 1A2. TICO registration number: 50018683.**

LIFE 3

Get behind it: Butt lift yoga

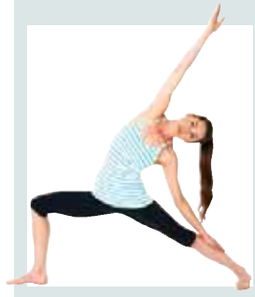
Yogi Tara Stiles, owner of the Strala Yoga Studio in New York, shows us how to reshape and tone our backside. Do this simple five-step sequence up to four times a week.

ROMINA MCGUINNESS
Metro World News in London



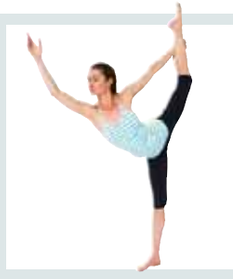
From downward-facing dog, take a big inhale and lift your right leg up and back. Open your hips and shoulders and adjust accordingly.

Exhale and step your right foot between your hands into a low lunge. Ground your left back heel and open up into a warrior II. Sink your hips and aim your front knee over your front ankle. Open your arms out to the sides and gaze over your front fingers. Hang here for 10 long, deep breaths.



Inhale and tip your torso back into reverse warrior.

Take a big exhale and crawl yourself out into a warrior III. Bring your fingertips in front of you and lift your back leg up.



Roll up to stand and hug shin in to torso to get into dancer. Relax knee toward ground. Hold foot with hand and gently press foot into hand, extending opposite arm upward. Hang here for three long, deep breaths and go back to downward-facing dog.

CENTRE DENTAIRE RIDEAU DENTAL CENTRE
613-230-7475
2nd Level
Rideau Centre

STRESS FREE AND CARING DENTISTRY
NOW ACCEPTING NEW PATIENTS
Aesthetic, Implant & Family Dentistry Since 1983
Check out our weekly blog at **www.rideaudental.ca**
This week:
Kids Are Back at School

YOUR SUCCESS STARTS RIGHT NOW!
By making the decision to call Algonquin Careers Academy, you're saying goodbye to "job hunting" and hello to an exciting new career.
CONSIDER A CAREER IN HEALTHCARE:
- MEDICAL OFFICE ASSISTANT
- MEDICAL LAB ASSISTANT
- PERSONAL SUPPORT WORKER
- PHARMACY TECHNICIAN
- PHARMACY ASSISTANT

Classes starting soon
613-722-7811
ALGONQUIN CAREERS ACADEMY
www.algonquinacademy.com
1830 Bank St, at Walkley station

For your phone

Argus (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This app records your daily routines across running, eating, walking, and sleeping into a visual journal so you can make beneficial changes. Very useful, but it lowers battery life, too.

Food synergy equals health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Researchers are continually finding that certain foods deliver an even bigger health boost when eaten together. Scientists call it food synergy; we call it a recipe for better health and tastier meals.

In Best Health magazine's regular series Dynamic Duos, we show you how to get more nutritional bang for your buck by teaming up these power couples. Here are two from registered dietitian Matthew Kadey, from the September issue of Best Health.

Broccoli and Radish
This duo may prevent cancer. Adding a peppery kick to your broccoli can maximize its antioxidant firepower. A 2012 study in the British Journal of Nutrition reported that pairing broccoli with food such as radishes, arugula or horseradish significantly enhances the formation and absorption of sulforaphane, broccoli's signature antioxidant. Foods such as radishes possess the enzyme myrosinase, which works to improve the formation of sulforaphane and its absorption rate into the blood.

Sandwich idea
In a food processor, pulse 3 cups (750 ml) steamed broccoli florets, 1/3 cup (75 ml) parsley, 1/3 cup grated Parmesan cheese, 1/4 cup (60 ml) walnuts, 2 garlic cloves, juice of 1/2 lemon and a little olive oil. Spread the pesto on rye bread and top with smoked salmon or turkey plus sliced radish.

Pork and Mango
Pair them up for stronger bones. The beta-carotene in orange-coloured fruit and vegetables (mangoes, carrots, sweet potatoes) is converted into vitamin A in your body. In addition to its role in bone growth, this vitamin is good for maintaining the health of your skin, eyes and immune system. But you need zinc to get the optimum benefits; it is necessary to make retinol-binding protein that transports vitamin A throughout your body. You'll find zinc in pork, poultry, beef, lamb, pumpkin seeds, oysters and wheat germ.

Pairing broccoli with a peppery kick can maximize its antioxidant firepower. ISTOCK

Serve this salsa with supper
In a bowl, combine 1 peeled and cubed mango, 1 diced orange bell pepper, 1/2 finely diced red onion, 1 seeded and minced jalapeno pepper, 1/3 cup (75 ml) chopped fresh cilantro, 1/4 cup (60 ml) chopped fresh mint, 1 tbsp (15 ml) orange zest and 2 tbsp (30 ml) orange juice. Serve over cooked pork tenderloin or chicken breast, or enjoy as a dip.

FOR MORE DYNAMIC DUOS, PICK UP THE SEPTEMBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

SORE FEET?

ZAP AWAY YOUR PAIN WITH LASER TREATMENTS, FLEXIBLE ORTHOTICS OR HYPROCURE STENTS

PIERRE DUPONT, Doctor of Podiatric Medicine | Chiropodist | Foot Specialist

OttawaFootPractice

28 Deakin Street, Suite 101 • 613 627-2808
www.ottawafootpractice.com

Give your Legs a Facelift!

VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS
Spider veins on your legs or face?
Get rid of them with simple injections.

Dr. Lucie Beaupré
Diplomate of the American Board of Venous and Lymphatic Medicine

DR. BEAUPRÉ VEIN/VARICES CLINIQUE

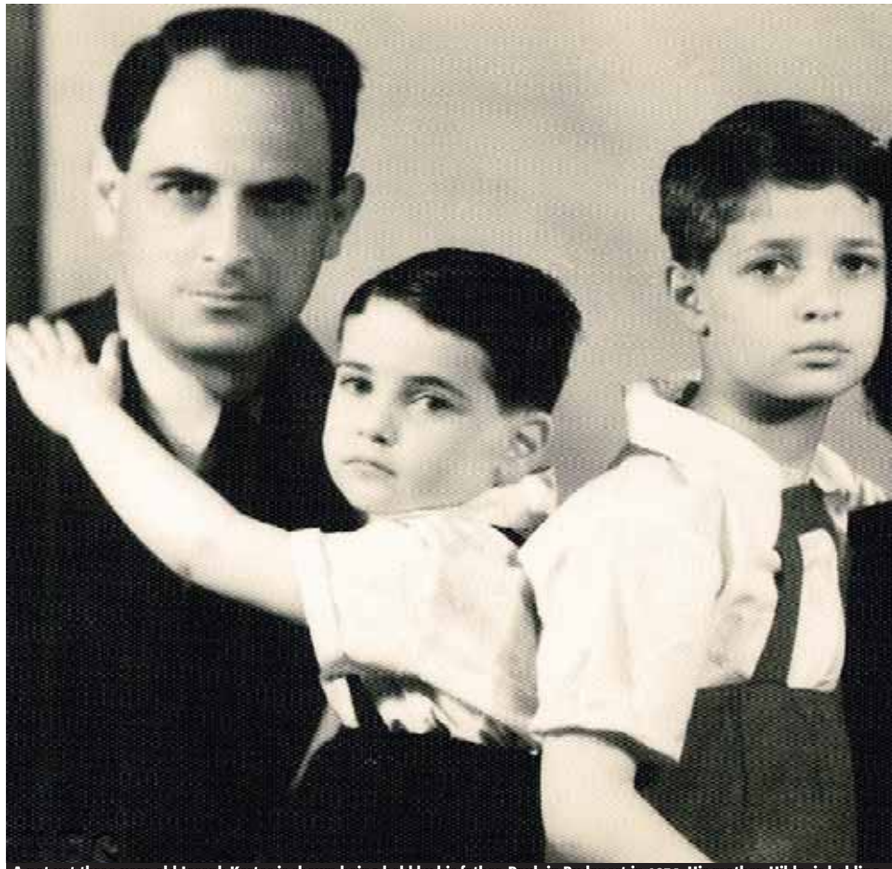
OTTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

www.drbeaupreveinclinic.com

As a special end-of-summer gift to our readers, Metro brings you the first chapter of The Afterlife of Stars, the newest book by award-winning author Joseph Kertes. Over the next four days, we will be introduced to the Beck brothers, two young boys grappling with the world around them as Russian tanks roll into Budapest during the final days of the Hungarian revolution. In **Part 1** of four, we meet Robert and Attila Beck and their family.

The Afterlife of Stars



A not-yet-three-year-old Joseph Kertes is shown being held by his father, Paul, in Budapest in 1954. His mother, Hilda, is holding his older brother Bill, who was called Bela at the time. CONTRIBUTED

On October 24, 1956, the day I turned 9.8, my grandmother came to take me out of school in Budapest's 6th District. We were in the middle of reviewing decimal points because of a mistake a girl in the class named Mary had made. Other parents and grandparents were arriving too with the same aim, although no one had come yet to get my friend Zoli.

My grandmother gripped my hand as we made our way down Andrassy Avenue, but a crowd had formed at the Oktogon, blocking our passage. A tank stood in the street with a bold red star shining on its flank. We saw Russian soldiers, but no one was looking at them. Everyone was gazing up instead at eight Hungarian soldiers, one hanging from each of the lampposts. My grandmother pulled hard on my arm, but not before I was able to join the lookers.

A couple of the Hungarians had stuck out their tongues as they dangled — one seemed to be smiling, four wriggled and bucked, and the one nearest us, straight above my grandmother and me, looked down at us with evergreen eyes, but there was no anger in the eyes, or even light.

Klari, my grandmother, breathed into the crown of my hair, sending hot tendrils down over me. "Come, please," she whispered. I shuddered.

The crowd was quiet. Even the few people who were sobbing were doing so silently, swallowing the sound. And then we heard from a little way down the street what I thought was an orchestra and a singer, a soprano, singing a sad song. I looked around us as my grandmother turned me toward the sound. "It's a record," she said. "From over there."

We spotted an open window above a lacy café a half block away, the white tongue of a curtain fluttering out from the window. "A record?" I asked.

"Yes, a phonograph record," Klari whispered again, steering me onward. "It's Mozart," she said, "his 'Laudate dominum,' I think. 'Praise the Lord,' it means. I wonder why they would play that now."

"Because they like it," I said.

"Yes, of course. Because they like it. Mozart wrote some moving songs."

"Did you see the man's hair?" I turned back toward the Oktogon, toward the dangling men.

"Whose?" my grandmother asked me.

"The man with the green eyes." She looked with me, but just for a second. The man's auburn hair was parted and brilliantined so that it shone even at this distance. "Do you think he combed it for someone?" I asked.

"I don't know," Klari said. "His sweetheart, I suppose." I thought my grandmother might cry, but instead she said, "Now, please keep moving, my dear. We'll have cake. Let's have cake, at Gerbeaud Café."

"Now?"

"Yes, now. Let's have a treat. You can order anything you want. I know you want poppy-seed strudel."

She took me all the way to Vorosmarty Square. The cobblestones made me think of a great house lying on its side. From the top of the building opposite, two Russian soldiers, both sturdy women, unfurled a canvas sheet so big it covered a side of Kossuth's Department Store from roof to sidewalk. It was a vast portrait.

"Look, it's Papa Stalin," I said. I knew him right away from the picture above the clock in our classroom. He had the same smile and mustache, a mustache that was three times as impressive as Hitler's, which was little more than a black checkerboard square. I found myself smiling back at the giant face, like a circus face.

"Please," my grandmother said, giving my arm another tug. "He came to liberate us, the great father," she said under her breath, "but he forgot himself. He forgot to leave. They forgot to leave. *Come*, Robert, please." She was pulling hard on my arm now.

I was as excited about poppy-seed strudel as I was about Kaiser Laszlo, Gerbeaud's monkey in a golden cage. He squealed as soon as we walked in. I think he recognized me because I'd fed him some apple cake last time. If I were the Kaiser, I'd recognize everyone who fed me cake. He was wearing a bellman's blue cap and vest. He tilted his head in an appealing way and held out his little hairy hand.

As we got comfortable, I felt warm, as if we'd come in out of a storm. The waiter placed our sweets and cocoas in front of us. Klari took out her compact and mother-of-pearl makeup case. I watched, dazzled, as my grandmother, like an artist, applied some lines and clouds, borders and dots. Once done, she fished out her monogrammed silver cigarette case, removed a cigarette from behind the little garter and tapped the end on the case before lighting it. I was just breaking off a corner of my strudel for the Kaiser when the manager walked to the middle of the busy café, clapped her hands sharply and called out to us, saying we all had to go. She was very sorry. The café was closing for the rest of the day, but we could take our cake with us. The waiters brought linen tea cloths in which to wrap up our things. For a moment I thought it might have been the cake — they'd run out of cake — but the glass cases were full of colorful sweets. I spotted a colony of marzipan goblins and other figures. Our waiter brought me one of them, a marzipan monkey with a cap like the Kaiser's.

A woman in a long mink coat brushed by us, trailing the scent of mothballs. For the longest time, I had thought that this was the scent of mink. I knew better now, but I wondered if moths went after *actual* minks or just mink coats.

The woman paused by the door to look back at us but then peered down at her own feet. She wore black patent leather shoes with very high heels and sharpened toes. They were pointing at

On the shelf

Get the book!

- Joseph Kertes' The Afterlife of Stars (Penguin Canada, $22.95) goes on sale today and is available in bookstores across Canada!
- Look for Kertes' other novels: Winter Tulips, Boardwalk and Gratitude.

Win a copy

- Are you a fan of Joseph Kertes? You could win a signed copy of The Afterlife of Stars. For full contest details and to enter visit clubmetro.com.

Joseph Kertes is the award-winning author of The Afterlife of Stars. IAN CRYSLER/FOR METRO

something. "Look," the shoes seemed to be saying, "right there on the floor. Have a look."

Then, with their fine sense of direction, the shoes turned, pointed the way out the door and took the woman out.

People were leaving quickly and abandoning their cake, most of them.

"What will happen to the Kaiser? They won't hang Laszlo, will they?"

"No, of course not. Not a thing will happen to him," my grandmother said. "He'll be here for us next time."

"When?"

"*Next* time," she said, as if she were saying never.

We hurried home to find my parents rushing around the apartment and making telephone calls. Our mother flitted from one room to the next. She smiled when she saw that I was home. "Sorry you had to leave school, my lambkin," she said, and then went about her business. My brother, Attila, was already home. He was 13.7, and he had our mother's blond hair, while I had black hair, like our father's. Attila was also a head taller than I was, everyone kept pointing out, making me want to plop an extra head on top of mine, a freaky one, possibly.

My brother was sitting on the sofa eating an apple. "We're leaving altogether, my lambkin," he said to me.

I sat down beside him. "Where are we going?"

He was chomping away but said, "West. We're going to the Wild West. You'll need your cowboy hat and spurs."

"Why?"

He was acting as if he knew but wasn't telling, so I said, "I saw the hanging men."

His face fell open. "What do you mean?"

"From the lampposts."

He turned his Arctic blue gaze on me. "Which ones?"

I crossed my arms. "On Andrassy," I said. "At the Oktogon." I pictured the man with the green eyes and nicely combed hair. As if to protect the secret of this man, I said, "Some of the men had their tongues sticking out."

Attila jumped to his feet. "That is not what happened. You did not see hanging men, and they do not stick out their tongues. I know that for a fact."

I shrugged. "Ask Mamu."

Attila ran off to get our grandmother, and I could hear him yelling out questions at her. When he came back to me, he had whitened. His blue eyes looked like marbles dropped in snow. He looked as if he wanted to strangle me. He glared, slapped at the arm of the sofa. "Are they still there?"

"What?"

"Are they still hanging there? *Shit*."

He ran out to the balcony, climbed onto the railing to peer out over the bronze head of Mor Jokai, the old Hungarian writer, whose statue sat at the top of our street, keeping watch over it. Attila turned toward me with his icy look. Then he flew back past me to our bedroom, slamming the door behind him.

That night, as we got ready for bed, my brother looked inside his pajama bottoms —he did quite a study — and then he raised his arms, flexed and turned toward the mirror, admiring the muscles and then the hairs sprouting from his armpits. "We are experiencing the balding of the world, my small brother." He tugged on a couple of the hairs. "These tufts are the last bits of hair left to us. But notice the apes are having none of it. They probably know something we don't."

"What?" I asked.

"I told you, it's something we don't know."

"How do you know it's anything, then?" I said.

Attila sighed heavily but then moved on immediately, which was his way. He peered down again into his pajama pants. "I would have made sperm a brighter color," he said, "if I had been the Lord God, Creator of the Universe."

"What color is it now?"

"You don't know?" he asked, smiling broadly. I shook my head. He said, "Do you want me to bring some forth for you to see?"

"No, I don't."

"It's a drab pearly cream color. It doesn't say how important it is, how exciting, how it makes babies, humans, soldiers, beauties, love, courage, heroism." The image of the hanging men shot through me, this time the ones with their tongues out. Attila was still talking. "The color says nothing, or it says it is nothing. Blood is red. It makes declarations. It says alarm; it says *I am the living stream*. But sperm does not. It is drab and poorly designed, or at least poorly decorated. 'Give it something more,' I would have said to the Lord. 'Color isn't everything. Give the little sperms horns, or feathers.'"

"Feathers?"

"Or full wings. Just fly through air. Right now, the slithery bastards swim upstream. Give them wings. Give them noisemakers, or little voices, so that all together they could sound like a mob storming the gates."

Attila got into bed. I was still sitting on the edge of mine, waiting for more, I guess. I was staring at him, at the back of his golden head, his slender white neck. I was sure that with a noose around his neck my brother would keep his tongue in his mouth, just to prove his point.

By the time I switched off the lights, Attila was asleep. He always fell asleep right away, even when our grandmother told us stories. Now I listened as she and our parents spoke quietly but heatedly in the living room. "We'll go to Nebraska or Utah," my father said. Now he turned on his loudspeaker voice.

"We'll become Mormons. I want to become a Mormon, try on something new." I could hear him creaking back and forth over the floor. He stopped. "We'll go to Canada. Why not Canada?"

I recognized the word *Canada* because my father's cousin Peter lived there.

"What are you talking about?" my mother asked. "And please keep your voice down."

My grandmother said we should go to Paris first to visit her sister Hermina. It would be a good place to start.

"We'll visit Paris," said my father too loudly. "We're not staying in Paris."

"Why don't we wait to see?" my mother asked.

"Because we've had enough here," he said. "Have you not had enough of Europe?" He was blasting out his thoughts now. "We've had enough of the old bitch. Europe is a failed experiment—it should be paved over and turned into a parking lot."

"Simon, please," Klari whispered. "You would not have said that if your father were still around."

"He's not around. He is resting at last."

"Do you consider that a good thing?" his mother asked.

"It works for me."

"*Simon*," my mother said. "Why do you always have to go too far?"

"Here's what I know," Klari said. I could hear her huffing. She might have gotten to her feet. "I know that nobody knows anything. And some of us know nothing with greater certainty than others."

No one answered. There was some shuffling of feet and some clinking of glasses, but they went quiet soon after.

In the darkness, I watched the bar of light at the foot of our door. It floated up like a wand into the ceiling. When the living room lights finally went out, I waded through the black milk of the night. I saw the green eyes of the hanging man up ahead in some woods, like the eyes of a woodland creature. I heard music — drumming — from the window and thought of Kaiser Laszlo, deprived all afternoon of his usual morsels. But it wasn't drumming. It was pounding. Our bedroom windows rattled in their casements and lit up as bombs fell in the distance, their sound muffled, as if I were listening to them through my pillow. I counted the seconds between the flashes and the sound, the way Attila and I did with thunder and lightning, to see how far away it was. Then the hanging man's eyes floated up again, greening over my sleep.

As Attila and I got dressed the next morning, it felt strange not to be going to school. It felt like a holiday, but not a festive one. My father's cousin Andras and his wife, Judit, were over, and the whispering continued until Attila and I joined them. They were sitting in the kitchen having tea and walnut cake. Judit was as pregnant as could be and panted as she shifted this way and that. She seemed too small and slight to have all that baby stuffed inside her. Judit had a copper glow about her in the lamplight and a constellation of copper freckles, which shifted with her big smile. She gave me a hug and kiss and smelled of the sweet powdery scent of a baby herself. She said, "I hope I have a child as beautiful and smart as you boys."

"You should be so lucky," Attila said, as he reached for a cup and panted extra hard in imitation of Judit.

Judit wanted me to sit in her lap, but I said I was too big. "You're not," she said.

"He is, my sweetie," my mother said, smiling. But Judit had already pulled me down into her lap and thrown her arms around me. Everyone was smiling then as things seemed to swirl around us.

Judit said, "I just want a good child, a kind one."

"Oh, is *that* all?" my brother said. He had poured himself some espresso and was adding ten spoons of sugar.

"Yes," was the answer. Judit had a determined look in her eyes.

"Mamu and I saw people hanging our soldiers," I told her. "Russians."

Judit loosened her grip on me. "Oh, my dear Lord," she said. "Oh, dear Lord. My poor young Robert." She held my face by the temples, looked me in the eyes. "There are good people and there are bad people, but the worst people are the ones who think they are good when they are in fact bad, evil. They would seat themselves right next to the Lord in heaven."

FROM: THE AFTERLIFE OF STARS BY JOSEPH KERTES. COPYRIGHT © JOSEPH KERTES, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

Online only

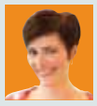
We have more on The Afterlife of Stars at metronews.ca

- **Video.** Metro columnist Richard Crouse interviews Joseph Kertes about his new book and the creative process.
- **Author talk.** Have a question for Joseph Kertes? The author will hosting a live online chat Thursday, Sept. 4 at 1 p.m. EST. You can submit questions in advance at metronews.ca.

Go green for dinner with this Easy Fresh Peas and Kale Soup

Health Solutions

Get peeling because it's totally worth the effort



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Fresh peas are a pain in the pants to peel. I totally agree, OK?

But are they ever worth it!

They are almost done for the season, so now is the time to make use of them. They really do deserve at least one very good run.

(If you are really time-crunched, go right ahead and buy them shelled and packaged because frozen is just not the same and will soon be all you can get.)

Green peas are so ubiquitous that it is easy to forget they are a member of the legume family, which has been shown not only to reduce cholesterol but also to be high in antioxidants.

Vitamin K, beta carotene and a boatload of minerals come with every mouthful, but a half cup is only 60 calories.

Peas are great simply poached for two minutes and then tossed with garlic, salt and olive oil.

Anything else is just gilding the lily.

The trick is to cook them as little as possible until they turn bright green.

One minute longer and you will end up with a greyish, mushy mess that may as well have come from a can.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. THERESA ALBERT

Vegan. All you need to make this delicious soup is a few basic staples and about 15 minutes of your time

THERESA ALBERT
myfriendinfood.com

This late summer soup uses the best of the crop: fresh peas and baby kale.

It's a vegan soup that will demolish that summer indulgence feeling. It takes 10 minutes to make bowlfuls of pleasure as an entrée with pistachios and/or cheese.

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. Chop onion, chives and oregano. Melt butter in a large pot and add onion, sweat for 3 minutes over medium high heat.

2. Add broth and bring to a boil, stir in peas and simmer for 3 minutes. Stir in kale and simmer for 2 minutes, add chopped herbs.

3. Use a purée wand to blend and top with shelled pistachios and cheese, if using.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 onion, chopped
- 1 tbsp fresh chives
- 1 tbsp fresh oregano
- 1 tbsp butter or olive oil
- 1 litre vegetable broth
- 2 cups fresh peas
- 5-6 cups baby kale
- 2 cups pistachio nuts
- 1 cup grated cheese (optional)

This Cardamom Parsnip Pear Soup recipe serves four to six. THE CANADIAN PRESS

Slurp-worthy vegan soup

1. Heat oven to 180 C (350 F).

2. Place parsnips in a covered baking dish with 1 cm (1/2 inch) of water. Do the same in a separate dish with the pears. Bake, covered, until parsnips and pears are fork-tender. The pears will take 35 minutes and the parsnips may take up to 1 hour.

3. Transfer pears, parsnips and any liquid from dish to a food processor or blender. Add almond milk and cardamom. Process until smooth.

4. Transfer to a large saucepan and bring to a gentle boil. Remove from heat. Season with pepper and salt and chill for at least 2 hours. Garnish with hemp seeds.

Quick Method

1. If you are crunched for time and have a super-high-powered blender, place all ingredients except salt, pepper and hemp seeds in blender and blend until smooth. Transfer to large saucepan and bring to a gentle boil. Reduce heat and simmer 10 minutes. Season with pepper and salt. Chill 2 hours if you want cold soup or garnish with hemp seeds and serve if you want hot soup.

THE CANADIAN PRESS/JOYOUS HEALTH: EAT AND LIVE WELL WITHOUT DIETING BY JOY MCCARTHY (PENGUIN CANADA BOOKS INC., 2014).

Ingredients

- 2 or 3 medium parsnips, peeled if not organic, cut in chunks
- 2 Bosc pears, peeled if not organic, cored and cut in chunks
- 750 ml to 1 l (3 to 4 cups) almond milk or water
- 5 to 10 ml (1 to 2 tsp) ground cardamom
- Lots of freshly cracked black pepper and a pinch of sea salt, to taste
- 175 ml (3/4 cup) hemp seeds, for garnish

metro

Ottawa 101:

STUDENT GUIDE

Tuesday, September 2, 2014

Students are seen outside of Carleton University in this file photo. Founded in 1942, the school's notable alumni include former prime minister Lester Pearson, and businessman Conrad Black. CONTRIBUTED

Home of the highly educated

Post-secondary. Capital hosts variety of schools

STEVE COLLINS
For Metro

Ottawa-Gatineau is Canada's best-educated city, with 31.5 per cent of residents holding a university degree, according to Statistics Canada's 2011 national household survey. It's also a great place to get that degree or diploma. A quick look at the capital's post-secondary schools:

Algonquin College of Applied Arts and Technology (1385 Woodroffe Ave.)

Algonquin offers more than 150 college programs, 18 apprenticeship programs, 16 co-op programs, four collaborative degree programs, and four bachelor degree programs, with satellite campuses in Perth, Pembroke, Saudi Arabia, and Kuwait.

Notable alumni: Comedians Tom Green, Jon Dore, and Norm MacDonald; former mayor Larry O'Brien, and country singer Jason Blaine.

Carleton University (1125 Colonel By Dr.)

Home to the Norman Paterson School of International Affairs, the Sprott School of Business and the Azrieli School of Architecture and Urbanism, Carleton is also known for its schools of engineering and design, and journalism and public affairs.

Notable alumni: Former prime minister Lester Pearson, businessman Conrad Black, rapper K-OS, Ottawa Mayor Jim Watson (Toronto Mayor Rob Ford and comedian Dan Aykroyd attended, but did not graduate).

By the numbers

90,000+

Number of Ottawa post-secondary students

University of Ottawa (75 Laurier Ave. E.)

Ottawa's oldest university is bilingual and boasts civil law, engineering, and medicine faculties, as well as the Telfer School of Management.

Notable alumni: Former prime minister Paul Martin, Jeopardy host Alex Trebek, ABC News anchor Peter Jennings, Daily Show correspondent Samantha Bee, and singer-songwriter Roch Voisine. Alumnus Allan Rock, the former cabinet minister and UN ambassador, is currently the university's president.

Dominican University College (96 Empress St.)

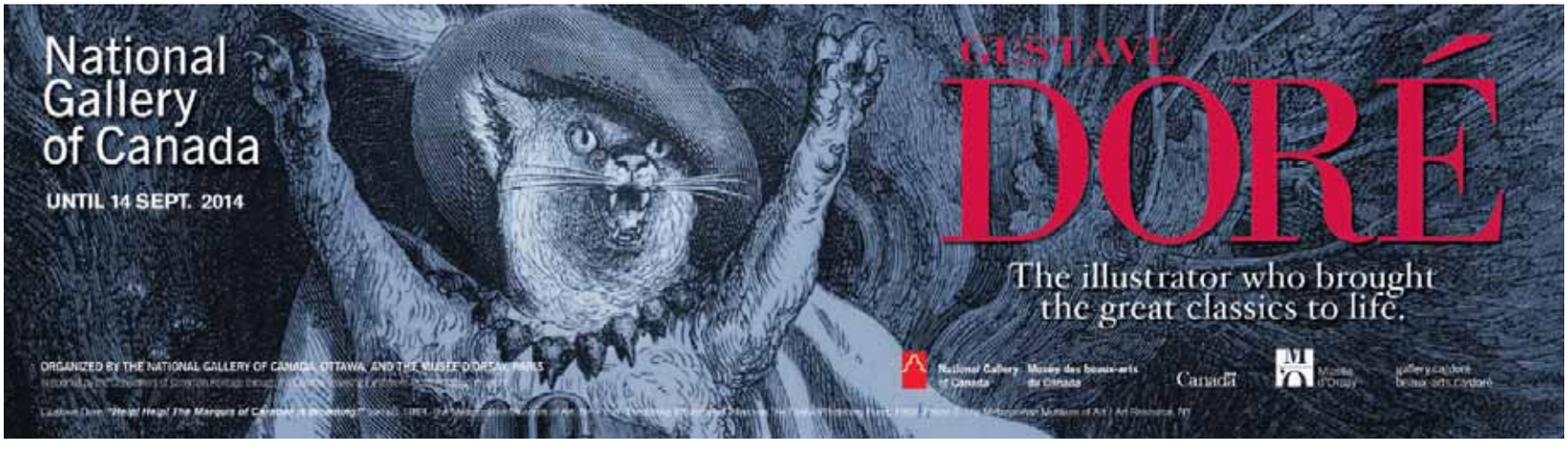
This bilingual Roman Catholic university offers undergraduate and graduate degrees in theology and philosophy.

La Cité collégiale (801 Aviation Parkway)

Ontario's largest French-language college offers more than 90 training programs and apprenticeship programs. In addition to its main campus, La Cité has an Orleans campus, a satellite campus in Hawksbury, and offers some courses in Toronto.

St. Paul University (223 Main St.)

A bilingual pontifical university with four faculties — human sciences, philosophy, theology, and canon law.


National Gallery of Canada
UNTIL 14 SEPT. 2014
GUSTAVE
DORÉ
The illustrator who brought the great classics to life.
ORGANIZED BY THE NATIONAL GALLERY OF CANADA, OTTAWA, AND THE MUSÉE D'ORSAY, PARIS
National Gallery of Canada
Musée des beaux-arts du Canada
Canada
Musée d'Orsay

From A to B in O-Town

Getting around. Transportation and parking is a major factor when it comes to getting ready for the school year

JEN TRAPLIN
For Metro

For college and university bound students in Ottawa, whether you plan on driving, taking the bus, walking or biking, there are a number of options that fit every student budget.

Public transportation

The city's public transit system is operated by OC Transpo, a department of the City of Ottawa. Its fleet is made up of more than 900 buses and three trains that serve close to 375,000 people every day.

There are 16 Park and Ride lots located throughout the city, offering more than 7,000 free parking spaces for commuters along the Transitway, a network of dedicated bus lanes throughout the city. All you have to do is drive to the Park and Ride lot that's closest to you, park your car and catch a bus at the station, next to the parking lot.

For Carleton U students, the O-Train is another travel option. Currently covering only eight kilometres between Bayview and Greenboro stations (with a stop at the university), the O-Train will eventually service a much larger portion of the city — construction is currently underway to expand LRT service across town.

Plan your trip

- OC Transpo's Travel Planner makes planning your trip easy. Simply input where you are departing from, where you are going, at what time and the Travel Planner will map out a few different routes for you. For more, visit octranspo.com.

Cost

An adult monthly bus pass to ride OC Transpo or the O-Train is $100.75 for regular routes and $124.25 for express routes. Student passes are also offered, but only for students aged 13-19. Daily passes are available for $8.10.

Parking on campus

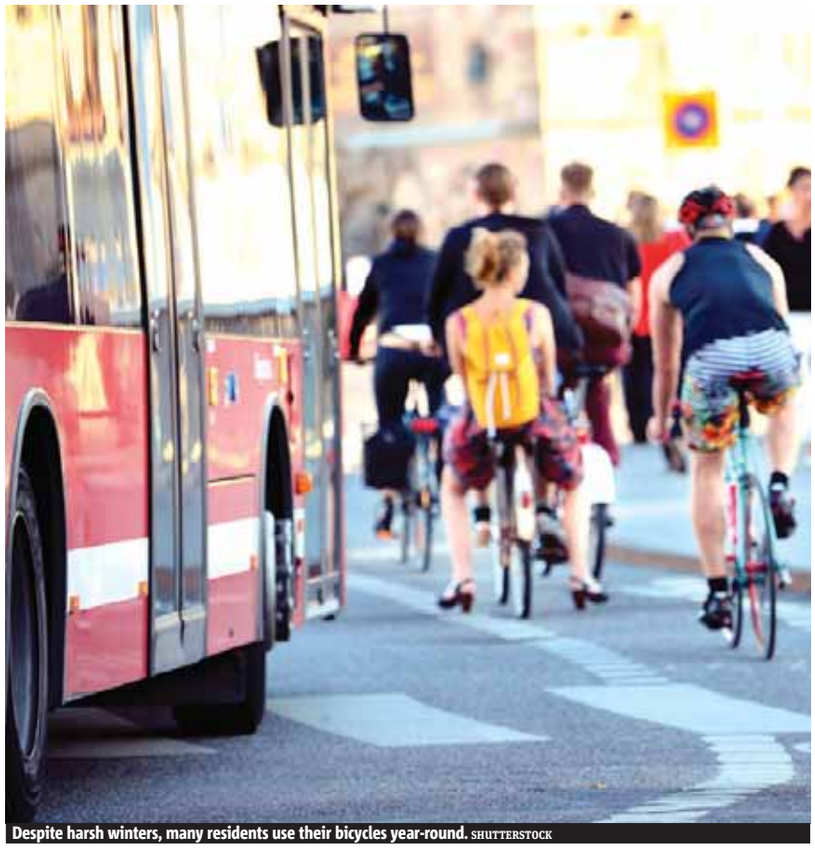
Carleton University
Student monthly permit rate: $32-$42
Student residence monthly permit rate: $37
University of Ottawa
Student monthly permit rate: $93-$138
Student residence monthly permit rate: $93-$138
Algonquin College
Student monthly permit rate: $90-$127
Student residence monthly permit rate: $90-$127

*All prices include GST and PST. Data courtesy of Carleton University's 2013 comparison of parking rates.

Walking or biking

There are more than 200 kilometres of multi-use trails and pathways throughout the Ottawa-Gatineau area, as well as segregated bike lanes in the downtown core.

Despite the city's harsh winters, many residents continue to use their bicycles year-round.



Despite harsh winters, many residents use their bicycles year-round. SHUTTERSTOCK

Stay alert, stay safe: Tips for your new home

All in moderation.
It's important to be proactive and avoid risks on campus

STEPHANIE ORFORD
For Metro

Orientation week is around the corner for college and university students, and for many that means a new home, new friends and lots of parties.

Canadian college and university campuses have multiple safety services for students, but to stay safe this fall it's equally important for students to be proactive, says Lucy Fromowitz, assistant vice-president of student life at the University of Toronto.

Be aware

Next time you're walking around campus, make note of the locations of the emergency phones, says Fromowitz. It also doesn't hurt to program the campus police number into your phone. For extra protection, use personal safety apps on your phone, like the YWCA Safety Siren app.

Buddy up

"If you are out late at night, either socially or for academic purposes, walk with a friend or call the WalkSmart program," says Fromowitz. Friends should support friends to make safe decisions, she says. "For example, when going out with friends, leave with the same friends and don't leave with someone you don't know."

Quoted

"Moderate the personal information you post on social media sites..."

Lucy Fromowitz, Assistant Vice-President of Student Life, University of Toronto

If you drink alcohol, do it in moderation

Alcohol can impact your decisions. If you decide to go out and have a few drinks, go in with a plan. "Make a pact with your friends in advance to look out for each other," says Fromowitz.

Limit the information that's publicly available about you online

"Moderate the personal information you post on social media sites and learn how to restrict access to those you know," advises Fromowitz.

Make use of University-sponsored services

Need assistance? There's probably someone on campus that can help. Dalhousie University in Halifax has the Tiger Patrol, a free shuttle service that helps students, faculty and staff get around the campus at night.

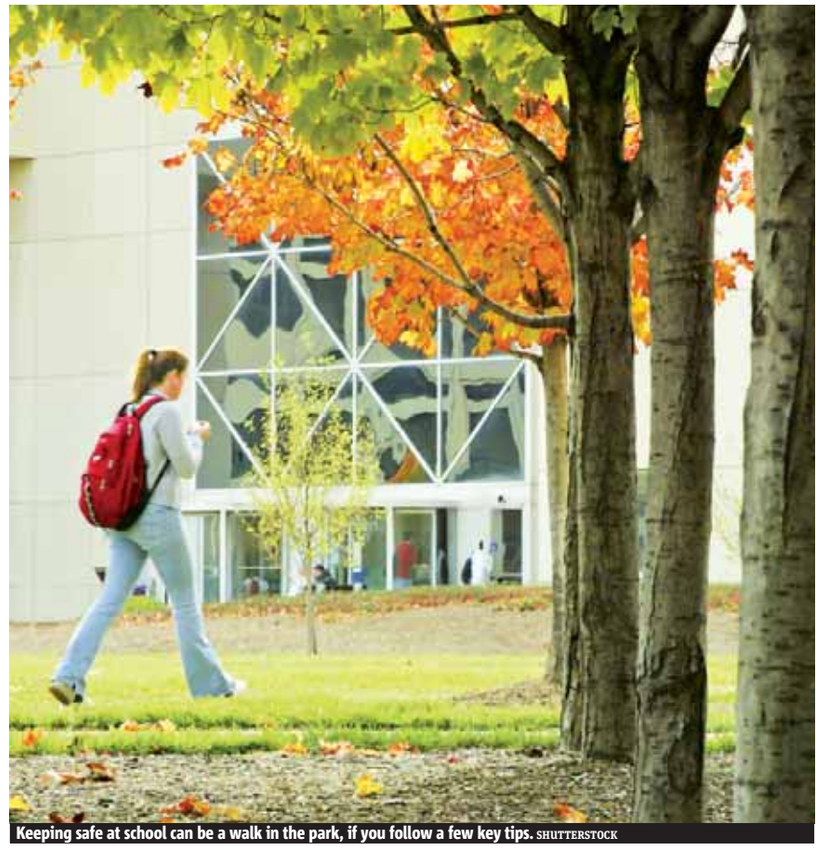
Many postsecondary institutions also offer walking buddies to accompany students around campus after dark.

Seek out advice

Most colleges and universities have multiple ways for students to access counseling when they need it, such as the University of Ottawa's Counseling and Coaching Service and Carlton's counseling services including one-on-one sessions, crisis lines available 24/7 and group counseling workshops. "Students should never feel embarrassed to approach a university staff member or designated peer about services or to report concerns," says Fromowitz.

Tips for safe sex

1. Choose your sexual partners wisely. Find out their history and be OK with saying no.
2. Engage in protective practices: use condoms, get the HPV vaccination and get tested for STIs regularly.
3. Communicate clearly with your partner about using condoms and what your limits are.
4. Educate yourself. Did you know that STIs sometimes don't show symptoms?



Keeping safe at school can be a walk in the park, if you follow a few key tips. SHUTTERSTOCK

NEED HELP?
WE have a wide range of programs available for you NOW!
• Addictions, Depression, Quit Smoking;
• LGBTQ Groups and Services;
• Housing Help;
• Life Coaching;
• General Counseling and more.
Ottawa Freedom Center
265 Montreal Road (across from Jean Coutu) • 613 422-2294
Check our website for a complete list of groups, services and events!
www.ottawafreedomcenter.org

Draft up your budget early

Money breakdown. Do some financial planning by comparing savings and expenses

JON TATTRIE
For Metro

Earning a university degree barrages students with new tasks and responsibilities, and budgeting often falls off the to-do list. But experts say a good plan built in September could save major money problems in December.

Bronwyn Rice, a loan administrator at McGill University in Montreal, says the first step is adding up all of your expenses.

"If a student has never operated a budget before, I would suggest that they start by defining their project, in this case studying full time," she said. "The student should then ask and answer questions regarding the cost involved to complete the project and where the money will come from to pay for it."

Those questions are:

- How much are tuition and fees?
- What about books and any special equipment or supplies?
- How much for rent?
- What about utilities and other expenses such as food and clothing?

Now that you have your outgoing money, think about incoming money. How much have you saved? Do you have funds in an RESP you can access? What about scholarships, awards and bursaries? Do you want to take out loans? Getting a part-time job will bring in money, too.

Scholarships

In addition to working at a paid job, students should hire themselves to research scholarships and bursaries. Check out your school's website and sites including Studentawards.com and Scholarshipscanada.com. Ask parents and grandparents to look into work-related awards available to family members. Ask community groups or religious organizations you belong to about academic prizes for university students.

It's easy to blow a budget on things like eating out, shopping and going out at night. SHUTTERSTOCK

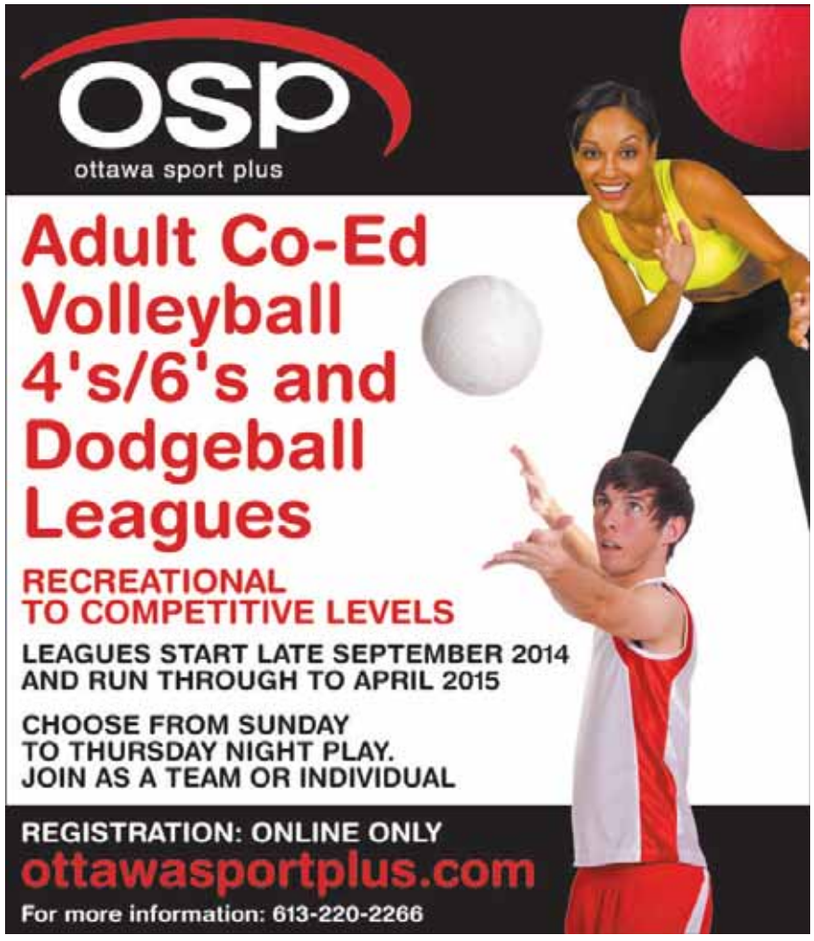
"Finding the answers to these questions will need a bit of time investigating school websites, and social media," Rice said.

Now, create a budget so the incoming and outgoing amounts work together. Rice says most students do this for the length of an academic year — eight months.

"The student will now have a basic plan. When the costs are compared to the amount of resources available, the student can see if there will be sufficient funds to cover the perceived needs. Expenses may need adjusting or other sources of funding found to make the budget balance," she said.

The most common area of overspending is not core items like tuition and rent, but fleeting things like eating out, buying clothes and having a night out.

"Because these expenses were mostly covered by parents and/or part-time job income, there were no boundaries. Once a student has to create a spending plan, money needs to be spent more wisely," Rice said.


OSP
ottawa sport plus
Adult Co-Ed Volleyball 4's/6's and Dodgeball Leagues
RECREATIONAL TO COMPETITIVE LEVELS
LEAGUES START LATE SEPTEMBER 2014 AND RUN THROUGH TO APRIL 2015
CHOOSE FROM SUNDAY TO THURSDAY NIGHT PLAY.
JOIN AS A TEAM OR INDIVIDUAL
REGISTRATION: ONLINE ONLY
ottawasportplus.com
For more information: 613-220-2266

More than just a sleepy government town

Nightlife. There's lots to do in Ottawa, from festivals, trendy restaurants, nightspots, art galleries, and even craft breweries

JEN TRAPLIN
For Metro

Ottawa may have a bit of a reputation for being a sleepy government town, but that couldn't be further from the truth.

GREAT NEIGHBOURHOODS

ByWard Market

Whether you're looking for fresh, local produce, unique artisanal creations, or a night out on the town, the ByWard Market has it all.

If you're looking to catch a show, Zaphod Beeblebrox (27 York St.) and Mercury Lounge (56 ByWard Market Square) offer regular live music. For sports fans, check out Sens House (73 York St.), a brand new sports bar and grill that features 80-inch HD flat-screen TVs.

Hintonburg

In the trendy Hintonburg neighbourhood, home of the QUAD (Ottawa's arts district), you'll find a handful of local art galleries, the Great Canadian Theatre Company (1233 Wellington St. W.), boutiques, and dozens of hip, new restaurants and famed local food spots like TacoLot (999 Wellington St. W.), Hintonburger (1096 Wellington St. W.) and SuzyQ Donuts (991 Wellington St. W.).

The Glebe

This neighbourhood is home to the newly renovated TD Place, a state-of-the-art facility that is home to the CFL's Ottawa Redblacks, Ottawa Fury FC and the OHL's Ottawa 67s. Surrounding the stadium is Lansdowne Park, a historic area that is currently undergoing a massive make-over and will soon become a major retail and residential hub.

LOCAL BEER

There are a number of craft breweries in town, including The Clocktower Brewpub, which boasts four locations throughout Ottawa — The Glebe, New Edinburgh, ByWard Market and Westboro.

There is also Beyond the Pale (5 Hamilton Ave. N.), Big Rig Brewery (2750 Iris St.), Kichesippi Beer (866 Campbell Ave.) and a host of others that are all worth sampling.

TRENDY RESTAURANTS

Oz Cafe (361 Elgin St.)

Type of food: Asian
A popular spot for dinner, late night and brunch.

Navarra (93 Murray St.)

Type of food: Spanish, Mexican
Owner and chef Rene Rodriguez is the winner of season four of Top Chef Canada.

Murray Street Kitchen (110 Murray St.)

Type of food: Canadian comfort
Featured on the show You Gotta Eat Here!, the Murray Street Kitchen offers unique dishes made of off-cuts of pork and game.

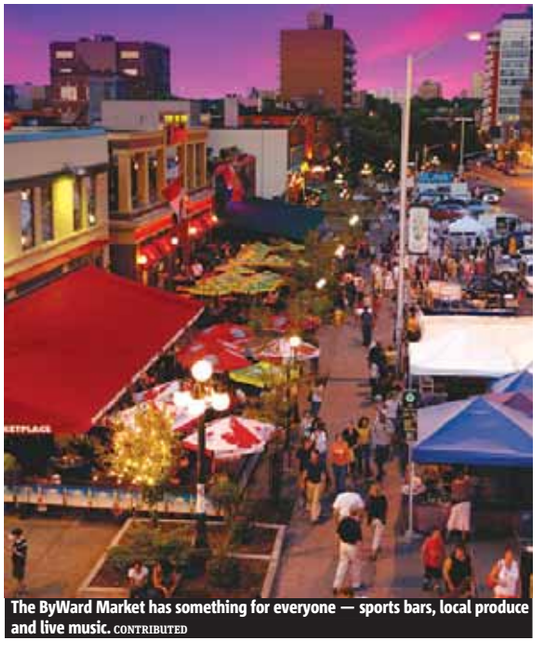
The Green Door (198 Main St.)

Type of food: Vegetarian
Buffet-style restaurant that features vegetarian and vegan cuisine. Pay by weight.

Online

For more information about what to do in Ottawa, including details on museums, galleries, sports and leisure, entertainment and nightlife, and specific neighbourhoods, please visit ottawatourism.ca.

ByWard Market at night. CONTRIBUTED



The ByWard Market has something for everyone — sports bars, local produce and live music. CONTRIBUTED

The largest, most innovative second-language training facility in Eastern Ontario.
Some of the programs offered:
Language Institute
In the global village that is our world today, learning another language opens doors to new opportunities. Our certified, dedicated instructors along with our innovative courses and state-of-the-art facilities help you achieve your language learning goals, putting you on your path to success.
For more information:
613-727-4723 ext. 5700
languages@algonquincollege.com
algonquinconnected.com/language
GAS EAP (English for Academic Purposes)
Intended for those whose mother tongue is not English
FSL (French as a Second Language)
ASL (American Sign Language)
International languages (Spanish, Portuguese, German, Italian, Japanese, Arabic)
ALGONQUIN COLLEGE | Language Institute

Don't get a failing grade on dorm decor

Add colour. Just because your focus is on grades, you can still create a nice space

ASTRID VAN DEN BROEK
For Metro

When you open the door to the next chapter in your life, it's likely you'll face a room of cement, tape-dotted walls and faded furniture.

Not exactly an inspiriting space, is it? Well, to give your room an eye-friendly make-over, Sebastian Clovis, host of HGTV Canada's Tackle My Reno, shares his ideas on how to make the most of your small space.

Colour your world

"A dorm room is usually a small rectangular box and the colours can make you feel closed in," said Clovis. "So keep the bedspreads, posters and more in-lighter colours to make you feel more open and airy, as opposed to using dark colours, which will make you feel more claustrophobic."

HGTV's Sebastian Clovis.

Introduce mood lighting

Think bedside lamps. "The lights are usually fluorescent lights in dorm rooms, so things like a side lamp with a dimmer switch really can change the ambience in the room," he said.

Bring life in

Does your painted, cinder-block room feel a little prison-like?

"With that environment, getting life in your room is important," said Clovis. "I always brought plants in there — they don't have to be a treelike plant. Even just little bamboo plants that you water once a week work. They grow easily and bring colour and light into the room."

Get clever with space

Your tiny room will get crowded quickly if you don't use your space efficiently.

"You've got to be smarter and everything needs to be space efficient," said Clovis. "So you want to bring in something to play music, it has to fit on a shelf. Look for systems that are slim-lined and have good space economy."

Ditto your storage — look for boxes that slide under your bed (if the design allows) to tuck lesser-used items away. Also hang a shoe rack on the back of your door or inside your closet to keep shoes off the floor, or for other, more creative purposes. "I hung a shoe rack on the back of the door and put my washing kit and things like that I needed to access. Then when you close your closet, it closes away with it."

Privacy, please!

How to get some space to yourself when sharing a room with a roommate? Clovis offers a stylish solution: A room divider.

"Bamboo dividers move into any shape you need and you can put it away when you don't want the room to be divided," he said. "It's not a total room divider, but it'll give you that little bit of privacy you need."

Storage boxes

Designer storage boxes from $5.99 and $7.99 each, Homesense.

Bin organizer

For living 10-drawer bin organizer with casters. $69.99, Canadian Tire.

Bed rest

Room Essentials Bed Rest Regular price $19.99, Target.

Table lamp

Metallic Table Lamp with Tilting Head. $69.99, Canadian Tire.

Ottawa Folk Festival | presented by TELUS
Hog's Back Park (near Mooney's Bay) Ottawa, ON
Visit ottawafolk.com for full line-up & details
@ottawafolk OttawaFolkFestival
LORDE
SEPTEMBER 11
ALSO FEATURING SERENA RYDER AND MORE
SEPTEMBER 10
FOSTER THE PEOPLE & M.WARD
SEPTEMBER 12
J. COLE, THE NATIONAL & WAKE OWL
DOWNLOAD OUR FREE MOBILE APP FOR IPHONE & ANDROID
SEE the full line-up.
SHARE your festival experiences.
DISCOVER everything the festival site has to offer!
Canadian Heritage | Patrimoine canadien | Ontario | Ottawa | Ontario Yours to discover
TICKETS ON SALE NOW AT CAPITALTICKETS.CA

App'd to handle it

Threes!

Tech. A guide to find the best apps to keep you focused and organized this year

MIKE YAWNEY
For Metro

Attending college or university for the first time can be daunting. Fortunately, students can use their smartphones and tablets to give them an upper hand on adjusting to campus life. Here are a few great apps for new and veteran post-secondary students.

Allrecipes, free (iOS, Android and Windows)
Students shouldn't have to live off noodles and canned meat. The free multi-platform app not only gives students suggestions on what to make, it also provides video walk-throughs for many recipes. The shopping list feature lets them make a list of needed items, then cross them off at the store.

iStudiez Pro, $2.99 (iOS)
Stay organized this school year with this beautifully designed app. Help track your deadlines, plan homework and schedule an entire day from an iPhone or iPad. The built-in GPA calculator helps you monitor results, keeping you on track to ensure there are no surprises at the end of the semester.

Evernote, free (iOS and Android)
Never worry about leaving a laptop or tablet full of notes at home again. Now you can always have your notes with you with the Evernote app. Take notes with photos, graphs, audio, and video, and the app automatically stores everything in an online account, which can be accessed on most iOS and Android devices.

Add Reminders to keep your projects in view and on track
Alex Lee
Cancel
Save
Send research draft for review
Notify me
Save important information and se
Website wireframe sketches
Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M
.?123
space
return
Evernote

SelfControl, free (Mac OS)
It's easy to get distracted by social media, email and viral video sites while working online. This ingenious Mac application blocks all those distracting websites. Create a list of websites you want to block, launch the app, and watch as it prevents you from visiting them. The websites are blocked even if you delete or restart your computer. For many, this may be the only way to ensure they get your work done with little distraction.

Circleof6, free (iOS and Android)
Safety on campus is a concern for both students and parents. This app allows you to invite six people into your circle of friends. If you are walking home alone at night or meeting someone new for the first time, you can send a customized "come and get me" message along with a map showing exactly where you are. Sending a message only takes two taps on the screen.

Dictionary.com, free (iOS and Android)
More than just a dictionary. This updated app shows words trending in your area and will help you learn the lingo of your campus, making it perfect for those studying abroad for school. As an added bonus, downloading this app gives users access to Thesaurus.com.

Threes!, $1.99 (iOS and Android)
Every student needs a break from papers and studying. Threes! is a quick pick-up-and-play puzzle game that will have you coming back for more. The game challenges you to match numbered tiles in multiples of three. A simple concept, yet so addictive. Once you start playing, you'll be challenging your friends to see who wins.

SelfControl

NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS
Canada is our stage. Le Canada en scène.
TRINITY
LIVE RUSH™
$12 NAC tickets*
music
theatre
dance
Live shows on a student budget
Stay in the know:
Visit liverush.ca to see what Live Rush eligible NAC shows are coming up!
*Some restrictions apply. Full-time students must be between the ages of 13-29.
MEDIA PARTNERS
CKCU FM 93.1
CHUO 89.1 FM

Kirk kisses competitors goodbye in final round at TPC Boston

Chris Kirk kisses the winner's trophy after conquering the Deutsche Bank Championship — the second tournament of the FedEx Cup Playoffs — on Monday at TPC Boston in Norton, Mass. Kirk closed with a 5-under-par 66 for a four-round total of 15-under 269, beating three second-place finishers by two strokes. Kirk takes over No. 1 in the FedEx Cup, giving him a clear shot at the $10-million prize. He also made a strong case to be one of the three Ryder Cup picks that will be announced for the U.S. on Tuesday.

ROSS KINNAIRD/GETTY IMAGES

Heat wave crashes down on Bouchard

U.S. Open. Canuck struggles with the sweltering conditions, loses to Makarova

Eugenie Bouchard says she will be fine and is looking forward to playing tournaments in Asia later this year.

But her U.S. Open is over, lost to the heat and the heavy workload as her bid to reach at least the semifinals of a fourth Grand Slam event this year fell short.

The Westmount, Que., native needed a medical timeout to treat dizziness and exhaustion in the second set of her 7-6 (2), 6-4 loss to left-hander Ekaterina Makarova in a fourth-round match played in sweltering heat on Monday.

It was a scary moment, but she got up and finished the match.

"I was feeling very light headed and dizzy on the court; you know, just seeing things a little blurry," the 20-year-old said. "They think the heat got to me a little bit.

"And they know I probably was more tired than usual from the past few matches."

Playing under the lights

Thornhill, Ont.'s Milos Raonic, the men's fifth seed, took on 10th-seeded Kei Nishikori on Sunday night. For the result, go to metronews.ca.

Doctors kept her from doing her post-match interview for more than two hours as they helped her to recuperate. She said playing the two three-set matches late at night in the previous two rounds also played a part.

"I think I did well to push myself through those matches, but I also need to have the endurance," she said. "I haven't had that in the past few months, basically.

"So it's not a huge surprise to me. It's disappointing, but I know there's no reason to worry. Once I do a lot of good training, I can compete at this level for two whole weeks, hopefully."

Despite the U.S. Open setback, her 19 wins are the most by any WTA player at Grand Slams this year.

THE CANADIAN PRESS

CFL

Ticats, Stampeders win on Labour Day

Zach Collaros had a TD pass against his former team to earn the Tiger-Cats a 13-12 win over the Toronto Argonauts in the first-ever game at Tim Hortons Field in Hamilton on Monday.

Collaros appeared in his first game since suffering a concussion July 4 against Edmonton. He also made his first career start against Toronto, the team he had spent the last two seasons with prior to signing with Hamilton this off-season as a free agent.

Later Monday, the Calgary Stampeders took over first place in the CFL standings with a 28-13 win over the Edmonton Eskimos.

Jon Cornish rushed for 163 yards and a touchdown as the Stamps improved to 8-1. THE CANADIAN PRESS

MLB

Four Phillies pitchers combine to no-hit Braves

Cole Hamels and three Philadelphia Phillies relievers combined to pitch a no-hitter Monday, beating the Atlanta Braves 7-0 and giving a last-place team a rare reason to celebrate.

Hamels (8-6) was pulled after six innings and seemed fine with the decision. He struck out seven, walked five, hit a batter and threw 108 pitches on a hot afternoon at Turner Field.

Relievers Jake Diekman, Ken Giles and closer Jonathan Papelbon each pitched a hitless inning to finish off the fourth no-hitter in the majors this season.

THE ASSOCIATED PRESS

WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.
So do movie features, sports highlights, celebrity gossip...
Download the Metro News App today at metronews.ca/mobile
metro

ARCHANGEL
REAL TESTIMONIAL
I want to thank you ARCANGEL for helping me get my son back and to get that bad woman out of our way. She did witchcraft on my son so he would be like a dog behind her. And not only that; everything was going badly for us so I decided to seek help from ARCHANGEL and he helped me get my son out of that life.
– SONIA RANGEL OROZCO
PSYCHIC SPIRITUALIST
NO MARGIN OF ERROR
RESULTS GUARANTEED
• I know how to resolve the difficult and impossible
• Return your beloved, no matter the distance or circumstance
• I treat any type of sickness or negative influence
• Through the angels, archangels and cherubs, I purify homes and businesses of any evil
• I reveal your enemies to you
CALL NOW
TOLL FREE
OTTAWA
1 888 558 5059 / 613 518 1725

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
This is a great day for getting things done but be quick because the rest of the week will be taken up by relationship issues that eat into your time.

♉ Taurus
April 21 - May 21
Money matters will go very well indeed today as will anything to do with your working routine. It seems that Lady Luck is very much on your side right now. Make good use of her.

♊ Gemini
May 22 - June 21
Even a Gemini needs help sometimes and you will need it over the next 24 hours. With Mercury moving into the most sociable area of your chart, you'll get the help you require.

♋ Cancer
June 22 - July 23
Don't be tempted to take on too much work today. If you do your standards may have to be lowered. No matter how much others offer you to do more, resist the temptation.

♌ Leo
July 24 - Aug. 23
Start aiming higher. So many times in the past you've had chances to do something special but failed to get started. It may be now or never.

♍ Virgo
Aug. 24 - Sept. 23
If you feel the need to reorder your home life, do so. But don't go making changes that cost a lot of money. There is a lot you can do for free. Be creative.

♎ Libra
Sept. 24 - Oct. 23
Mercury, planet of the mind, moves into your birth sign today, so you'll know what needs to be done. It doesn't mean you have to do it instantly.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger that in your enthusiasm to show what you can do you will take on too many tasks and spread yourself too thin. Focus on the one thing you are naturally good at today.

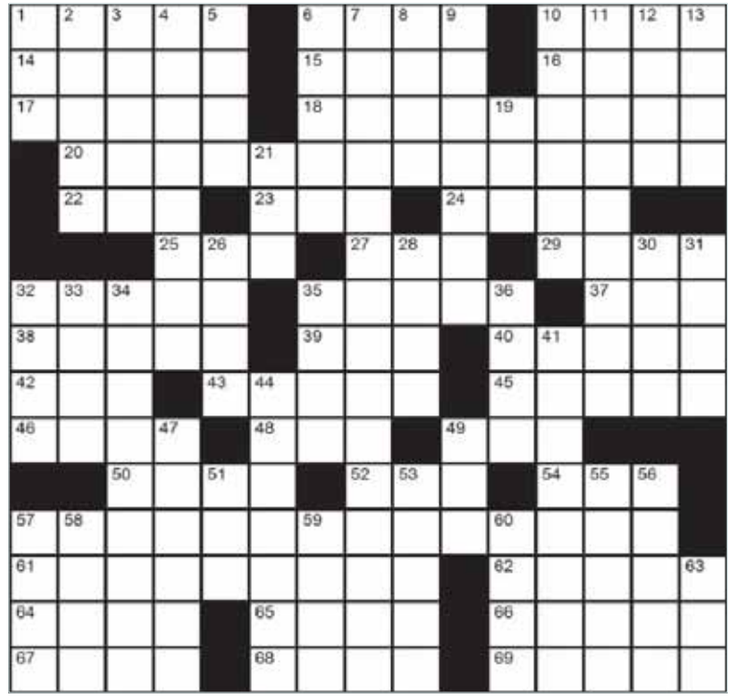
♐ Sagittarius
Nov. 23 - Dec. 21
Doors that have been closed to you in the past will open over the next few days. People who were reluctant to assist you before will now be falling over themselves to help you out.

♑ Capricorn
Dec. 22 - Jan. 20
If a loved one is in trouble today you will ride to their rescue, no questions asked. Be generous with your time and sympathy but be careful with your money.

♒ Aquarius
Jan. 21 - Feb. 19
Get out and extend your range of contacts. You may be an individualist by nature but there is only so much progress you can make on your own.

♓ Pisces
Feb. 20 - March 20
Lately you seem be missing the essential ingredient of luck that every successful person needs. Don't worry: what happens over the next few days will be very much to your benefit.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Sorceress daughter of Helios
6. Daytime breaks
10. Dutch for 'city'
14. Stevie Wonder's "My Cherie __"
15. Butter look-alike
16. Fish type
17. Type of bean
18. Cowboy attraction in Alberta: __ _ __ National Historic Site of Canada
20. Store's stock in September: 2 wds.
22. Bawl
23. Twi'__ (Humanoid species in the 'Star Wars' universe)
24. British WWII submachine gun
25. Summer: French
27. Dye type
29. Mil. units
32. Hooded snake
35. Put __ __ to (Finish)
37. Soup sort
38. Comedian/actress Ms. Butler
39. ABC show, to fans
40. Arctic __
42. Org. on "Homeland"
43. The __ (Customer's diner request)
45. Tenet
46. Ignore
48. Canada-to-England crossing, briefly
49. Ottawa insider, briefly
50. _-__ (Cancel with a cross)
52. Dined
54. Philosopher, __-tzu
57. Pencil case items, perhaps: 2 wds.
61. Mount of Muses
62. Titles in Turkey [var. sp]
64. Mr. Johnson
65. Destiny
66. Dripping
67. Fermented soybean paste
68. River of Flanders
69. Shakira album: 'Donde __ los Landrones?'

Down
1. Toothpaste tube's twister
2. Janet Jackson hit bit: "_ __ you much..."
3. Gadgets brand on retro TV
4. Marilla __ (Colleen Dewhurst role)
5. Slangy suffix to 'Stink'
6. Aristocratic
7. Dog atop the Yukon's coat of arms: 2 wds.
8. Brazil neighbour
9. Time to eat!: 2 wds.
10. Less freshly-baked
11. Guitar's one-of-six: 2 wds.
12. 'Perform' suffix
13. Morse Code bits
19. Acct.
21. Grand Opry link
26. Russian p.o.p. d.u.o.
28. Enthusiasm
30. Stampeders or Blue Jays
31. Mens __ in corpore sano (Healthy mind/body)
32. Belonging to a Canuck TV network
33. Wholly Part link: 2 wds.
34. Musee des __-__ de Montreal
35. Have _ __ feeling (Sense)
36. Mauritius bird, once
41. Toronto's George Brown, and others
44. Fulfill
47. Malay Archipelago island
49. Apiece
51. "Pull __ _ chair!" (Relax!)
53. Shock weapon
55. Buddhist who has attained Nirvana
56. Japan's city of canals
57. Cyber-cluttering communication
58. Mata __
59. Hockey great Mr. Tikkanen, and others
60. Baby __ (Trendy salad ingredient)
63. Equivalent word [abbr.]

Friday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	6	4	3	8	7	5	9	2
5	7	2	1	6	9	3	4	8
9	8	3	2	5	4	6	1	7
3	5	1	8	9	6	2	7	4
2	9	7	5	4	1	8	6	3
6	4	8	7	2	3	9	5	1
7	2	6	4	3	5	1	8	9
4	3	9	6	1	8	7	2	5
8	1	5	9	7	2	4	3	6

Sudoku

	4	5					2	
7					4		5	
8			9		5	1		
	1			7		8		3
6		2		5			9	
		1	5		8			2
	3		7					9
	5					7	3	

TODAY'S HOROSCOPE:
Neptune is suggesting that now may be the perfect time to get the Metro News App

metro
Download the Metro News App today at metronews.ca/mobile

A NEW WAY TO SHOP

VISIT US!

NOW OPEN EVERY SUNDAY FROM 10AM TO 4PM

NISSAN GATINEAU

2014 SENTRA

$59 BI-WEEKLY
0% APR FOR 39 MONTHS
$0 DOWN

RALLYE MITSUBISHI

2015 MIRAGE ES PLASMA

$9,998
+ TRANP; PREP

BILINGUAL STAFF!

ONTARIO SAFETY/ ETEST/LICENSING AVAILABLE

MEGA AUTOMOBILE

2011 BMW 323i

$17,650

STK: 36176

$75
WEEKLY
72 MONTHS
@ 4.99%

UP TO 500 USED CARS - ALL BRANDS!

ELITE MAZDA

2015 CX5 GX

$129‡
BI-WEEKLY
OFFER
$995 DOWN
AT 1.49% APR
FOR 48 MONTHS

COME VISIT US AND CHOOSE YOUR NEXT VEHICLE IN PEACE!

MITSUBISHI MOTORS MEGA AUTOMOBILE
1261, boul. St-Joseph, Gatineau
megamitsubishi.ca 819.770.2277

mazda ELITE
1205, boul. de la Vérendrye Ouest, Gatineau
elitemazda.ca 819.568.6000

MITSUBISHI MOTORS Rallye
1185, boul. de la Vérendrye Ouest, Gatineau
rallyemitsubishi.ca 819.568.9999

NISSAN GATINEAU NISSAN.com
1299, boul. de la Vérendrye Ouest, Gatineau
gatineaunissan.com 819.243.5454